

VERGE™ Resistance Bands

Specification Sheet

Product Description

VERGE™ Resistance Bands are a premium training system designed for strength training and full-body conditioning. The set includes six resistance bands across three intensity levels, flexible anchors, and ergonomic wooden handles. The system can be expanded with optional accessories such as a hardwood bar and foot straps to support a wide range of exercises.

Kit Contents

Resistance band, low resistance × 2
Resistance band, medium resistance × 2
Resistance band, heavy resistance × 2
Flexible Anchor × 2
Handle × 2
Foot strap × 2 (*optional*)
Bar × 1 (*optional*)

Materials & Finishes

Wood: Prime Walnut / Black Ash / Light Ash

Leather: Shadow Black / Saddle Brown / London Tan / Eternal Green

Finish: Natural oil and wax blend

Key Dimensions

Handle length: 13 cm (5.1")

Handle diameter: 3 cm (1.2")

Bar length: 95 cm (37.4")

Bar diameter: 3 cm (1.2")

Limitations

Environment: Indoor only, relative humidity 40-60%

Packaging

Without bar: 30×30×10 cm (11.8×11.8×3.9") - 4 kg (8.8 lb)

With bar: 100×30×7 cm (39.4×11.8×2.8") - 6 kg (13.2 lb)

Related Resources

[Product Page](#)

[High Resolution Images](#)

[User Guide](#)

[Material Guide](#)

