

## RX LAUNCHPAD

A convenient, fun way to get a total-body workout at home or outside, the RX LaunchPad is a must for health and fitness enthusiasts ready to optimize their Essential, Rehab, Plus, or Elite RX Training Package. RX LaunchPad supports all Iron Neck Resistance Bands as well as RX Handles and the RX Training Bar.

MSRP: 99.90 |

**Product Size:** 38" x 18" x 3" | 8 lbs.  
**Shipping Size:** 20" x 20" x 6" | 8.5 lbs.



## RX TRAINING BAR

The RX Training Bar allows you to clip in multiple resistance bands and supports you by keeping the resistance evenly distributed for an effective workout. Designed to unscrew for easy storage, this bar also features grips for comfort. The ends of the bar spin a full 360 degrees to keep the attachment from sliding.

**Product Size:** 40" x 1" x 1" | 2.5 lbs.  
**Shipping Size:** 21" x 3.5" x 2" | 3 lbs.



## RX HANDLES

Clip RX Handles into any Iron Neck resistance band and perform auxiliary arm and upper body exercises. With our Fusion Grip Technology, you get the perfect grip with just enough comfort. The handles also pair with other bands with a carabiner attachment. RX Handles are sold in sets of two.

**Product Size:** 7" x 6" x 1" | <1 lbs.  
**Shipping Size:** 2" x 6" x 1" | <1 lbs.



## TRICEP HANDLE

Made from durable nylon webbing, the Iron Neck Tricep Handle is designed to attach to a resistance band, lat pulldown, or similar type of cable machine via the D-ring at the top.

MSRP: 14.99 | SKU: TRI

**Product Size:** 7" x 2" x 2" | <1 lbs.  
**Shipping Size:** 3.5" x 2" x 4" | <1 lbs.



## ANKLE & WRIST STRAPS

Create a complete workout system with the Iron Neck Ankle & Wrist Straps, designed to pair with Iron Neck Resistance Bands for unparalleled workout efficiency and versatility. Ankle & Wrist Straps are sold in sets of two.

MSRP: 14.99 | SKU: STRAPS

**Product Size:** 16" x 3" x 0.5" | <1 lbs.  
**Shipping Size:** 5" x 3" x 2" | <1 lbs.

