

IRON NECK ALPHA HARNESS

With 4 connection on the side and 2 'doggy ear', the neck training harness allows for linear training both side to side and up and down. The head harness can be used to perform the traditional weighted neck exercises or you can get creative with it and pull the sled or use bands and chains. The possibilities are endless.



*Product Size: 10" x 10" x 8" | 2 lbs.
Shipping Size: 5" x 5" x 5" | 2 lbs.*

IRON NECK HARNESS

Made from soft 1" webbing, this Iron Neck Harness is one of the most comfortable and durable neck harnesses in the industry. Iron Neck Harness is made with adjustable industrial hook and loop fasteners, and it fits most head sizes. The harness is designed to get your neck strong. The harness can be used to perform the traditional weighted neck exercises or you can get creative with it and pull the sled or use bands and chains. Each Harness included a 40" nylon strap and two carabiners.



*Product Size: 10" x 10" x 8" | 1 lbs.
Shipping Size: 5" x 5" x 5" | 1 lbs.*



RX RESISTANCE BANDS

Add dynamic resistance training to any rehab or workout protocol with our cloth-wrapped resistance bands. Our carabineers are made from high quality steel and colored labels and Whether you're using Iron Neck or RX Training, the bands are designed to fit into any routine. Resistance bands scale in difficulty the further they are stretched. Iron Neck resistance bands are each 3 feet long and stretch to 9 feet.

*Product Size: 3" x 1" x 1" | 0.5 lbs.
Shipping Size: 6" x 3" x 3" | 0.5 lbs.*