

Resistance Band Workout



[Resistance Band Workout_下载链接1](#)

著者:Milligan, James

出版者:Sterling Pub Co Inc

出版时间:

装帧:Pap

isbn:9781856487245

The first full Resistance Band workout book--the revolutionary stress-free way to a healthy body. Highly effective, superbly portable, easy to store, and astonishingly inexpensive: no wonder exercisers looking for great results increasingly select resistance bands for their strength training. This rubber band-like piece of equipment

works every bit as well as weights for toning muscles--and even better for stretching them. And there's no need to go to the gym to use these powerful tools. With the incredible range of carefully photographed routines shown here (all conveniently color-coded for level, to match the color-coded bands), it's simple to target every area of the body. Legs, arms, chest, abs: it's all covered, with accurate body maps that show the muscle groups each exercise works on. Pick and choose from the wide array and put them together for a complete workout. Try resisted squats, hip extensions, shoulder presses, frontal raises, triceps push-downs, as well as warm-ups and cool-downs;; moves for alignment and posture; anywhere routines; and sports specific exercises. You'll get awesome results.

作者介绍:

目录:

[Resistance Band Workout_下载链接1](#)

标签

评论

[Resistance Band Workout_下载链接1](#)

书评

[Resistance Band Workout_下载链接1](#)