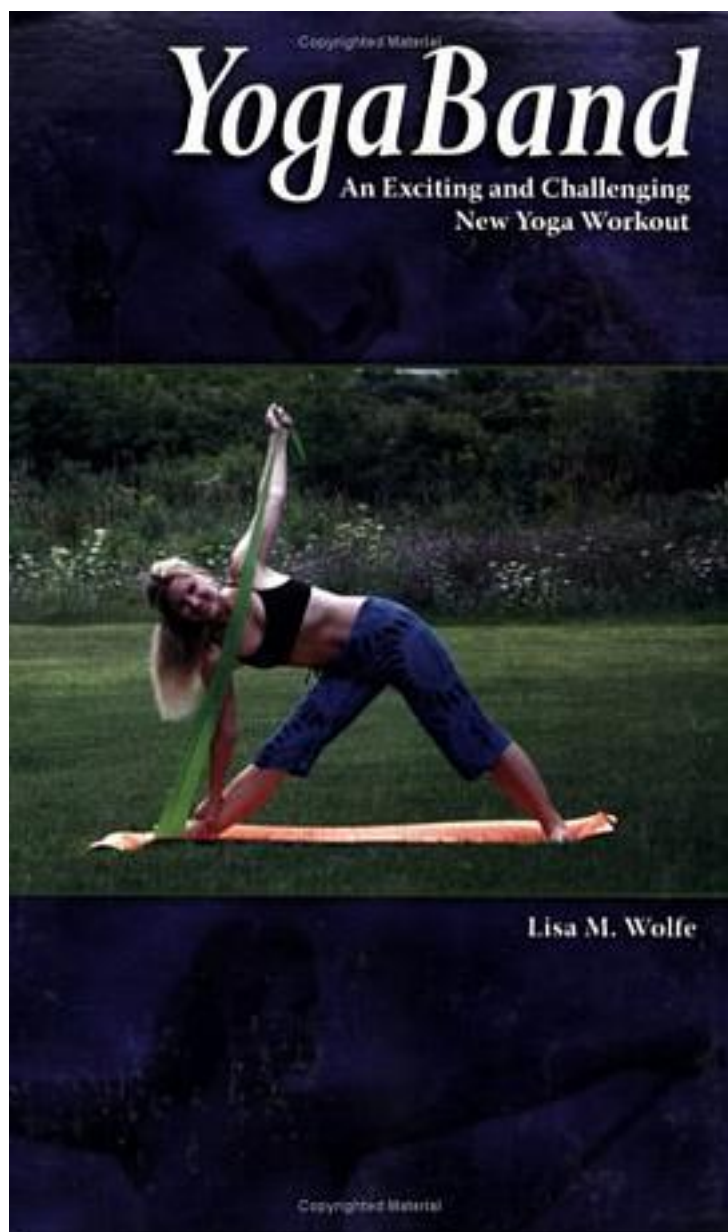


YogaBand



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著者:Wolfe, Lisa M.

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Yoga's popularity has increased so that it is currently the number one fitness trend. However, after a time, the body stops responding to the same exercises in the same way. YogaBand combines yoga poses with an exercise resistance band to increase the strengthening portions of a yoga workout. This new element keeps yoga exciting and challenging for those who are seeking to continue their journey through yoga. YogaBand is a must for anyone looking to add tone and shape to their body, increase the mind/body connection, develop flexibility throughout the entire body and add challenge and variety to their workouts.

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