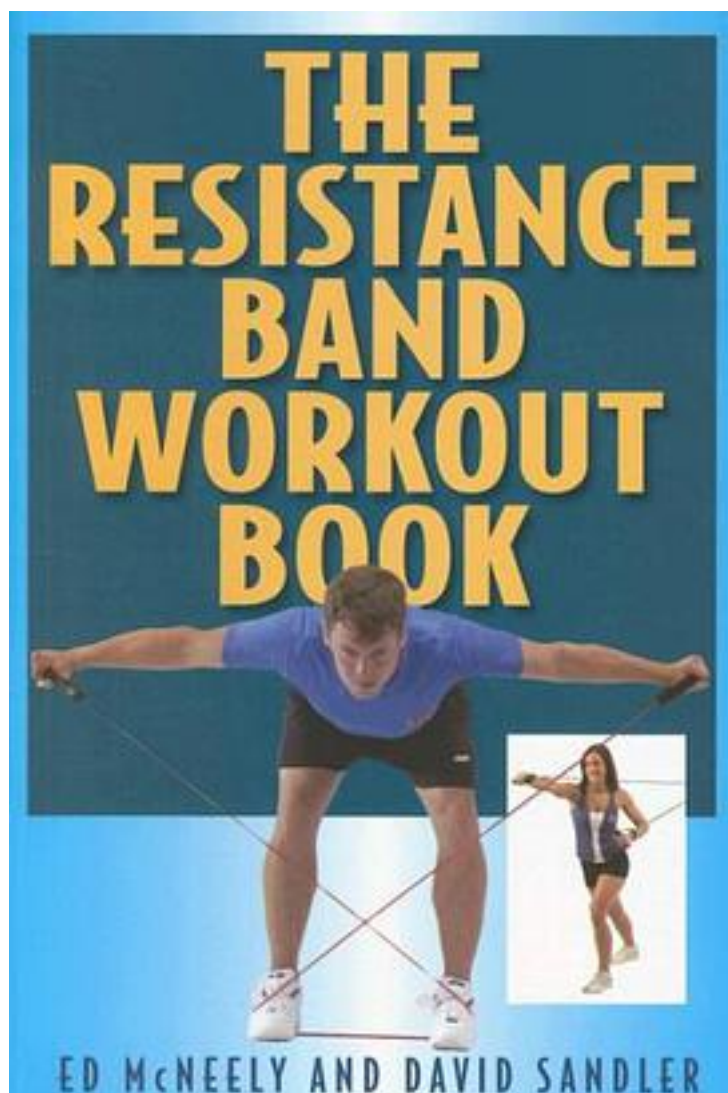


Resistance Band Workout Book



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The use of elastic resistance tubing for exercise, injury rehabilitation, and athletic training has grown exponentially for the past several years. Serious athletes have been using resistance tubing for a decade, and now increasing numbers of everyday exercisers have taken to tubing for fitness, strength, and overall conditioning. Resistance bands are portable, versatile, and exercise specific muscles and muscle groups better than exercise machines or free weights. The Resistance Band Workout Book details over 100 exercises using resistance bands for every muscle group, and also provides sport-specific exercises for a variety of popular sports. Included too are instructions for tailoring your own workout and sample workouts geared for every level of fitness.

作者介绍:

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