



## Resistance Band Workout Book

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The Resistance Band Workout has been added to your Cart. Add gift options. Buy used. I like this book, it gives me a whole new outlook on the use of resistance band workouts. I just started to work out again, only I have heard so much about resistance band workouts, that I thought I would give it a try. I'm seeing some results with working out with resistance bands. Anyway this book will help anyone to learn about working out with bands. I would recommend this book. Read more. A resistance bands workout can be the first step on your strength training journey, leading you toward more challenging workouts that utilize free weights. "Resistance bands are especially good for people who are newer to fitness," says Theresa Swigert, a Gold's Gym fitness expert. "They allow you to add load in small increments." Training benefits. Swigert says there are two main benefits to resistance band workouts: 1. Resistance bands are not gravity dependent. "Instead of the load being constant throughout, it increases as you move through the full range of motion of the exercises," she says. Resistance-band strength training, taken up after age thirty-five, is one of the best ways to slow or halt the normal loss of bone density. Taking strength training up earlier in life may provide even more benefits. Strength training during your teens and early twenties can increase bone density, providing you with a buffer against future bone loss. Recovery refers to the period of time between training sessions that work the same muscle group or exercise. If you did a bench press as part of your workout on Monday, and then did it again on Wednesday, you would have had two days or 48 hours recovery. Body Planes and Motion. Knowing how the body moves in an important first step when taking up strength training.