



Resistance Band Workout: A Simple Way to Tone and Strengthen Your Muscles

Milligan James

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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.

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