

Do you Like Training With Resistance Bands?

Originating in the early 20th century, the bands were originally made from surgical tubing and the exercises conducted for muscle rehabilitation, and resistance band training is now used widely as part of general fitness and strength training. Their flexibility in use and light weight are a significant advantage for many users.

Typically, the bands are color coded to show different levels of resistance and users need to select an appropriate level. Code colors can vary between brands so users must pick an appropriate level if purchasing their own bands rather than relying just on color.

Also available are loop bands as well as tubing without handles and bands set up with handles (a common option for many purchasers). Some types allow handles to be clipped on the band or loop.

Resistance bands are simple to use and their light weight allows people to easily carry them if travelling and continue with routine sessions for strength training.

While there are many different forms of exercises for the band/ loops, the resistance of the band as well as number of repetitions are the main variables used to lower or increase the intensity of the workout.

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