



RESISTANCE BAND

WHY USE RESISTANCE BANDS?

Resistance bands allow you to perform strength-training exercises without weights and enable you to complete a full-body workout. Using resistance bands adds variety and intensity to your strength-training exercises. As you work out, resistance is increased throughout the motion, resulting in more muscle activity and a longer range of motion. Resistance band training can also help you improve stamina and flexibility.

▶▶▶ WHAT'S YOUR GOAL?

▶ **Increase Muscle Strength**
Perform a series of 10 to 15 repetitions for 10 to 30 seconds per set.

▶ **Increase Muscle Size**
Perform a series of 6 to 12 repetitions for 10 to 30 seconds per set.

▶ **Increase Muscular Endurance**
Perform a series of 15 to 20 repetitions for 10 to 30 seconds per set.

Squats



Place the resistance band securely under your feet and bring the handles up to chest level, with your arms bent and palms facing backrest. Keep your chest up and bend your legs and hips into a squat position until your thighs are parallel to the ground. Rise slowly through your heels back to the start position.

Press-ups



Take a press-up position with the band around your back and slowly lower your chest to the floor until your elbows reach a 90° angle. Contract your chest and attempt to push back up to the start position.

Chest Presses



Place the band around a solid structure, turn so you are facing away from the structure and place your feet shoulder width apart. Hold a handle in each hand at chest level, and with a steady, increasing press, the handles move away from your chest. Hold the position for a second and then slowly return to the start position.

Face Pulls



Place the band around a solid structure and stand facing the structure with your feet shoulder width apart. Hold a handle in each hand, fully extend your arms in front of you and pull the handles towards your face while keeping your elbows high and close to your head. Hold the position for a second and then slowly return to the start position.

Shoulder Presses



Place the resistance band securely under your feet and bring your hands up to shoulder level, with your palms facing forward. Press the band above your head, hold the position for a second and then slowly bring your hands down to shoulder level.

Lateral Raises



Place the resistance band securely under your feet and hold the handles by your sides, with your palms facing inward. Slightly bend your arms and then raise them out to your sides until they are parallel to the floor. Hold the position for a second and then slowly return to the start position.

Biceps Curl



Place the resistance band securely under your feet and hold the handles by your sides, with your palms facing forward. Contract your biceps and then at your elbow, as you can and the handles towards your chin. Hold the position for a second and then slowly return to the start position.

Triceps Pushdown



Place the band around a solid structure above you and stand facing the band, hold the handles at chest level with your arms bent and palms facing down. Bend your elbows forward into your side and press the handles flexibility towards the floor until your arms are fully extended. Hold the position for a second and then slowly return to the start position.

MAXIMISE YOUR WORKOUT!

Maximise your workout. Choose from a range of resistance bands, from 10 to 100 lbs, to suit your fitness level and goals. Each band is made from high-quality, durable material and is designed to provide a consistent level of resistance throughout your workout. Choose from a range of resistance bands, from 10 to 100 lbs, to suit your fitness level and goals. Each band is made from high-quality, durable material and is designed to provide a consistent level of resistance throughout your workout.

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Gold Gym Resistance Band Exercise Guide

Tao Wei



Gold Gym Resistance Band Exercise Guide:

Unveiling the Magic of Words: A Review of "**Gold Gym Resistance Band Exercise Guide**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Gold Gym Resistance Band Exercise Guide**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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