



# **Resistance Bands: Exercises & Home Workouts To Increase Strength, Endurance, Flexibility And Rehabilitate Your Entire Body! (Bodyweight Training, Bodyweight ... Bodybuilding, Home Workout, Gymnastics)**

*F Hathaway, Resistance Training*

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**Resistance Bands Are A Tried And True Method Of Exercise & Rehabilitation, Highly Regarded By Physiotherapists & Athletes Alike. The Exercises, Techniques And Fundamentals Explained In This Book Will Help You Engage, Strengthen & Stretch Every Exercise In Your Body!**

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- Exercises With Correct Technique Explained (And Diagrams!) For Both Your Upper Body, Lower Body & Midsection
- **Easy To Follow Resistance Band Workouts To Help You In Your Quest To Get Fighting Fit**
- The Different Types, Colors & Styles Of Resistance Band Explained
- **Tips & Tricks From Yours Truly For Effective Use Of Your Resistance Bands**
- Moving On - Progression For Both Beginners & Advanced Users
- **Much, much more!**

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