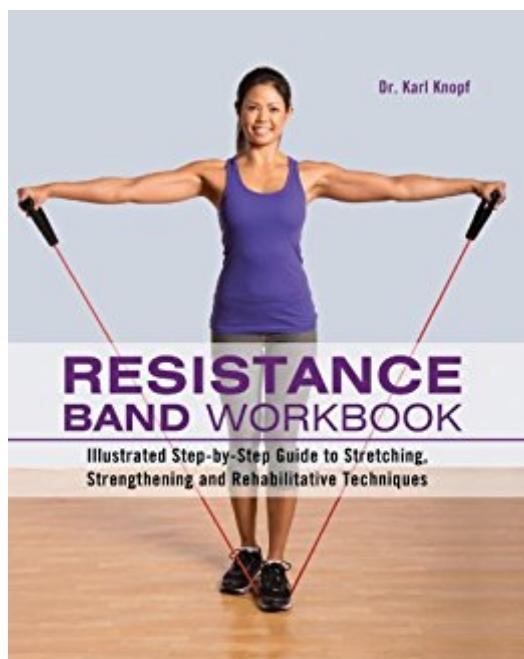


The book was found

# Resistance Band Workbook: Illustrated Step-by-Step Guide To Stretching, Strengthening And Rehabilitative Techniques



## Synopsis

GET FIT SAFELY USING THE VERSATILE RESISTANCE BANDFirst used in physical therapy to introduce low-intensity strength training for rehabilitating patients, today bands come in all levels of resistance and are perfect for targeting and working every major muscle group. Using this simple device, you can: Increase Strength Improve Balance Reduce Lower Back Pain Rehabilitate InjuriesResistance Band Workbook offers more than 70 safe, effective exercises paired with clear captions and step- by-step photos that can be done practically anywhere, anytime. In addition, special programs will enhance your daily life, whether you're looking to revamp your physique, elevate your sports performance or simply improve functional fitness.

## Book Information

File Size: 3919 KB

Print Length: 144 pages

Publisher: Ulysses Press (March 18, 2013)

Publication Date: March 18, 2013

Sold by: Digital Services LLC

Language: English

ISBN-10: 1612432107

ISBN-13: 978-1612432106

ASIN: B00BHOXSNE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #153,872 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Miscellaneous > Equipment & Supplies

#23 in Books > Sports & Outdoors > Miscellaneous > Equipment & Supplies #46 in Books >

Health, Fitness & Dieting > Exercise & Fitness > Stretching

## Customer Reviews

I was trying to find a half dozen or so exercises for triceps to use in a video. Unfortunately, this book only had one and it was not a particularly effective one. Granted, for rehab purposes, it would be

good. But for strength training, not so much. I think if you're looking for rehab exercises, this is a fine book. These are low intensity exercises that would work well for the elderly or for people needing rehab. What I do like about the book is that it gives you specific safe exercises for various health concerns, such as high blood pressure. Also, it tells you how many reps and sets to do and works out a program for you. And, it reminds you to warm up for ten minutes. Unfortunately, it fails to tell you how to warm up. You should use the muscles you plan to use in the workout in your warm-up. But, having said that, there are some pages that offer warm-up exercises suggesting you use a light band. So the bottom line for me is this: If you're looking for strength training, pass this book by. If you're looking for a book that will address your health concern or if you need a gentle yet effective workout, buy the book. It's a good book and the instructions are reasonably well done. Recommended to those who need this sort of exercise.-- Susanna K. Hutcheson

This is one of those rare books, that skips all the mambo jumbo, and comes right down to business! Great book-- full of photos and detailed explanations with each exercise. Very easy to understand and to follow. I love this book! Do to an injury. And back surgery, I am limited to light and medium strength exercises. I am using those exercises to gain flexibility and strength back after having been ill for a long time. I am also involved in an exercise program for elderly and disabled people, and found that the instructor is using many exercises that are shown in this book. I am not an exercise expert- but if you are a beginner, elderly, or recovering from an injury.....this is a great book! ( I did get approval from my Doctor first! )

This is the 3rd resistance band workbook I have purchased and I am generally pleased with this. This is a very SIMPLE, straight to the point book. A few pages in the introduction, sample workouts and the exercises. The exercises all have the pages linked to speed up your workout. I purchased this hoping that there wouldn't be too much info on the history of resistance bands, exercising, etc. and there wasn't too much (besides a few paragraphs which is perfectly acceptable). I would recommend this to anyone who is new to using resistance bands. I've been using resistance bands for years and I always come back to them due to their simplicity. You can workout anywhere in a short period of time and get results if you continue to use them.

I have found that this book has just the right amount of information for me to start and progress through a resistance band routine. I have been using it for four weeks now. The book could be improved with diagrams of which muscles the exercises target. However, I was a weight lifter for 15

years before I injured my back, and through experience know what exercises do what.

This was a great book , covers everything with loop bands, resistant bands, every kind of different workout you want to do.Also pictures of all the exercises and detailed instructions on how to do them

Great Workouts and it helps with tight muscles and is easy for most people who want to help their bodies with bone density loss as we age.

The best organized of the many exercise books I've ordered over the years. Instructions are clear and illustrated with photos. Many exercises are presented with variations and warmup and cool down exercises are included. Band exercises are organized into four increasingly challenging fitness levels plus nine sport-specific programs and another eleven for health conditions like arthritis, knee issues, back pain, diabetes, high blood pressure, etc. Great for those who are new to bands and those who want defined and customizable programs for specific sports and health conditions.

Terrific complement to Black Mountain resistance bands set. Purchased as set did not include this detail of instruction.Good photos and descriptions of full body exercises.

[Download to continue reading...](#)

Resistance Band Workbook: Illustrated Step-by-Step Guide to Stretching, Strengthening and Rehabilitative Techniques Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Stability Workouts on the Balance Board: Illustrated Step-by-Step Guide to Toning, Strengthening and Rehabilitative Techniques Back Stretching - Back Strengthening And Stretching Exercises For Everyone Splits: Stretching: Flexibility - Martial Arts, Ballet, Dance & Gymnastics Secrets To Do Splits - Without Leg Stretching Machines or Cables (Splits, Stretchers, ... Leg Stretching Machine, Cables, MMA Book 0) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) The Flexible Stretching Strap Workbook: Step-by-Step Techniques for Maximizing Your Range of Motion and Flexibility Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence,& I.B.S, and Other Symptoms Without Surgery (All Other Health) Heal

Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence,& I.B.S, and Other Symptoms Without (All Other Health) End Everyday Pain for 50+: A 10-Minute-a-Day Program of Stretching, Strengthening and Movement to Break the Grip of Pain Insulin Resistance Diet: Your Step By Step Guide to Cure Diabetes & Prevent Weight GainÂ © Over 365+ Delicious Recipes & One Full Month Meal Plan (Insulin Resistance Cookbook, Balance Your Blood-Sugar) Stretching For Golfers - the complete 15 minute stretching and warm up routine that will help you improve your golf swing, score, and game (golf instruction, back pain, golf books, golf) Sound Innovations for Concert Band: Ensemble Development for Intermediate Concert Band - Trombone 1: Chorales and Warm-up Exercises for Tone, Technique and Rhythm (Sound Innovations Series for Band) Sound Innovations for Concert Band -- Ensemble Development for Intermediate Concert Band: B-flat Trumpet 1 (Sound Innovations Series for Band) Sound Innovations for Concert Band -- Ensemble Development for Intermediate Concert Band: Trombone 1 (Sound Innovations Series for Band) Sound Innovations for Concert Band -- Ensemble Development for Intermediate Concert Band: B-flat Trumpet 2 (Sound Innovations Series for Band) Sound Innovations for Concert Band -- Ensemble Development for Intermediate Concert Band: Trombone 2 (Sound Innovations Series for Band) Sound Innovations for Concert Band -- Ensemble Development for Intermediate Concert Band: B-flat Clarinet 1 (Sound Innovations Series for Band) Sound Innovations for Concert Band -- Ensemble Development for Intermediate Concert Band: B-flat Clarinet 2 (Sound Innovations Series for Band) Sound Innovations for Concert Band -- Ensemble Development for Intermediate Concert Band: E-flat Alto Saxophone 2 (Sound Innovations Series for Band)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)