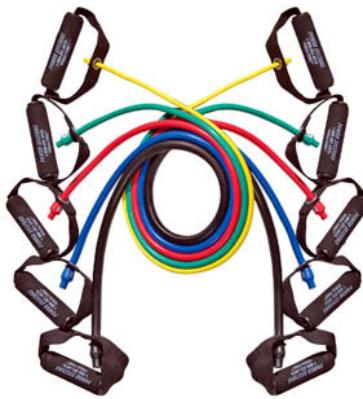


## STRENGTH TRAINING AND RESISTANCE BANDS

The use of resistance bands provides a progressive stimulus to your muscles to help build lean mass and increase strength. Used initially in rehabilitation settings, they are now the rage in a variety of fitness and sports settings.

Unlike exercise machines and hand weights, bands don't rely on the force of gravity to provide resistance. It's the stretching of the band that creates the resistance, it's that simple! A single band can be used to perform a multitude of exercises that will strengthen every major muscle group in your body.

It can even work on some muscles, such as the rotator cuff over the shoulder joint, that machines don't affect. These bands just don't increase strength, they help build flexibility, power, balance, and speed. The result is that these simple, lightweight, inexpensive rubber resistance bands can help you burn off fat while increasing lean muscle mass and improving your overall fitness.



### The Advantages of Strength Training and Resistance Bands

Regardless of whether you use bands or elect a more traditional approach to strength training, you can expect to experience a number of benefits, including:

- Injury prevention through correction of muscle imbalances.
- Delay (or even reversal) of muscle mass loss experienced with aging.
- Decrease in total cholesterol and improvement in the ratio of good to bad cholesterol (lowering the risk of heart disease).
- Increased bone density.

**The use of resistance bands offers all of these benefits, plus:**

- Portability
- Low Cost
- Freedom of motion

The portability of the bands is based on the fact that they weigh only a few ounces and don't take up much space, fitting easily into your overnight bag or purse.

The freedom of motion offered by these bands is inherent in the fact they can be adjusted to accommodate body size and shape and used in virtually any position, giving people of all health levels a safe and comfortable workout.