



# Strength Band Training

*Phil Page, Todd Ellenbecker*

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Maximize your strength, speed, and power through the use of resistance bands and tubing. As a complete workout on their own or a supplement to free weights and machines, strength bands are the ultimate tool for customizing workouts and isolating muscles. And the portable bands and tubing make the perfect travel workout.

*Strength Band Training* shows how to use resistive bands and tubing in 106 exercises addressing every major muscle group. These exercises have been used by strength professionals and many top athletes because the bands and tubing allow you to add resistance in multiple directions—something free weights and machines can't do. As a result, your resistance routine can simulate sport demands, strengthening core and supporting muscles or targeting specific rehabilitation needs.

Easy to adjust, bands and tubing are designed to provide resistance for users at any level of strength and ability. Add *Strength Band Training* to your conditioning program for the most complete and versatile workouts possible.

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