



# **Resistance Band Workbook: Illustrated Step-by-Step Guide to Stretching, Strengthening and Rehabilitative Techniques**

*Karl Knopf*

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# Resistance Band Workbook: Illustrated Step-by-Step Guide to Stretching, Strengthening and Rehabilitative Techniques

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First 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 Injuries**

*Resistance 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.

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