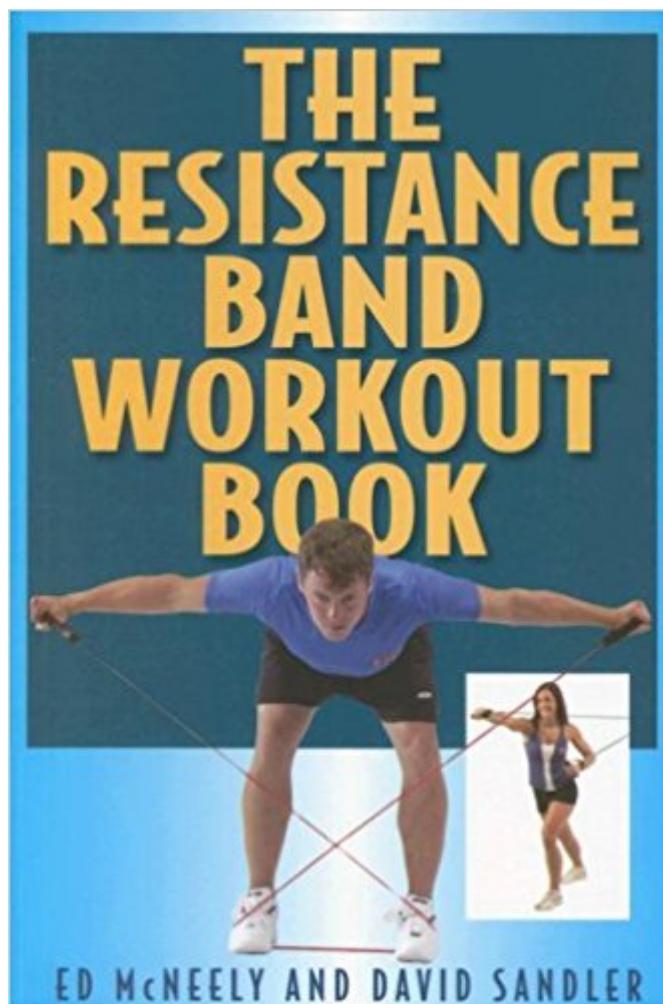


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The Resistance Band Workout Book



Synopsis

Complete instructions for using exercise tubing for fitness.

Book Information

Paperback: 192 pages

Publisher: Burford Books (June 23, 2006)

Language: English

ISBN-10: 1580801382

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Product Dimensions: 5.6 x 0.5 x 8.5 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ See all reviewsÂ (34 customer reviews)

Best Sellers Rank: #167,704 in Books (See Top 100 in Books) #142 inÂ Books > Reference > Encyclopedias & Subject Guides > Sports #163 inÂ Books > Sports & Outdoors > Miscellaneous > Reference #258 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training

Customer Reviews

I would've given this 3 1/2 stars although that is not an option (so i rounded up). First let me state that I think this is a great book. The writers provide excellent information and pictures so that a user can do the exercises with ease. They also provide good information to help the user to try to create a program that will help them fulfill their needs. There were a couple of things that I think the author could've improved upon. First, as another reviewer mentioned, they do not tell you the page numbers of the exercises in the end of the book (program section). When creating your program, it takes 3x as long to look up each individual exercise. Second, I did not like that they did not include what muscle (s) or groups were being worked out in each exercise. Granted the writers put the exercises under vague headings like Chest, arm, legs, etc. but they do not tell you specifics like biceps, traps, rear delts... like every other exercise book does. Lastly, I think the writers should have had several sample exercise plans that each cater to one's specific goals. If they revise this book and incorporate some of these suggestions, then this book would definitely be 5 stars.

I didn't buy this through . But I thought it was a great book. Many more uses for the band than most books. It discusses stretching, rest periods for the muscles, etc. It is divided into groups of exercises for each of the major muscle groups. Off-hand, I can recall it has exercises for arms, shoulders, chest, trunk and abs, legs, hips, thighs and buttocks. That's great for targetting. The only reason I

didn't give it five stars is because the workouts in the back don't refer to the page the exercise is on so I constantly have to go back to look for them and then do them. I still haven't found one of them yet, lol. But all in all, it did have more exercises for the bands for each muscle group than any of the other books I have so far.

Wonder no longer how to best use all those cords and bands. This book breaks down the best exercises into sections to improve each muscle group. Work it hard or easy, but following these illustrations and instructions should make the outcome positive. At 71 years old, I'm stretching my limits and building muscle mass. Besides, I get to watch TV or listen to music while following the guide. The best book on the subject I have found, and at a very reasonable price.

As a person with bad knees, I'm finding this book very helpful in finding ways to exercise using resistance bands to strengthen my knees. I have neither the money nor the space for exercise machines, and the bands are a great alternative. I just wasn't sure how to use them and this book has been a godsend.

The pictures and explanations of them are so small that even on my 8.9 HDX Kindle I cannot read the text. And I did try to increase the size in the font settings. This did not work because apparently the picture and text that accompany it are actually "pictures" so cannot be enlarged. I have emailed to ask for a refund.

The Resistance Band Workout Book advocates workout routines using the resistance band - and reinforces theory with almost a hundred exercises using this accessory. The blend of general workouts and sports-specific, goal-oriented exercises comes with illustrations and makes for an excellent primer. Diane C. Donovan California Bookwatch

It's a cool book. I have a great description and it's easy to follow. I especially like how they broke down the planes (i.e. horizontal, sagittal, and frontal) although this may not seem important to novice exercisers. It definitely gives you exercises for the total body.

I was very happy with this book and the pictures were needed and helpful. I just started using bands and didn't know anything about them, thanks for the help and now I'm using the exercises with my workout partners.

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