How well do Resistance Bands Work?

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Resistance bands are light-weight, portable, and easy to use. In fact, they are almost too easy to use and this can make users wonder if they are actually getting any benefit from using them. Some long term work out enthusiasts see resistance bands as great exercise for beginners, seniors or women, but they truly fail to see how they can apply the technology to their own work outs.

In comparing resistance bands to other types of equipment, several standards are important to compare.

The first standard is if the system is easy to learn and use. Some types of equipment have a pretty steep learning curve and can be annoyingly complicated to set up and use properly. The second standard is how intense an exercise resistance bands provide to the user, and the third standard to consider is cost not only of the system, but any shipping charges if equipment is bought on-line.

Compared to free weights, resistance bands can be very simple and easy to use. The bands themselves are usually very straightforward and require no actual 'set up', per se. About the most that many users would have to do would be to wrap the band around something sturdy to anchor it during certain exercises.

In terms of intensity of exercise, resistance bands can provide strength training equal to upwards of 200 pounds of weight in free weights. Depending on the band system utilized, resistance weight can go as high as 300 lbs.

Nearly all of the exercises done with free weights have resistance band counterparts. Resistance bands take up about a gym bags' worth of space in a closet; in contrast, some free weight systems will take up half a room or more. This makes resistance band systems more versatile in terms of portability; resistance bands can be packed in luggage and used during travel.

Expense-wise, a good resistance band system can be comparable in cost to a basic weight set, but shipping costs will be significantly lower due to product weight and package sizes.

Kettlebell is another weight based training system that is popular right now. The kettlebell is a bowling ball-shaped weight made of cast iron or some composite material and is generally sold by itself for around $40.00 for one of the lower weight kettlebells. Smaller than a full weight set, kettlebells do not take up much room. Proper Kettlebell training can allow the user to receive a serious all over body workout including a fair amount of cardio work. Kettlebell is an efficient use of time, but care must be taken to properly learn how to use it, as back or neck injury can occur with improper use.

While more portable than free-weights, kettlebells can be bulky to haul around and with weights approaching 85 pounds or more for a single KB, it can be difficult to take these travelling.

Compared to both free weights and kettlebells, resistance bands are a great choice if the user needs a system that is lightweight, easily portable, quick and easy to set up, and provides a solid work out comparable to free weight.

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