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Resistance bands are easy to take, light in weight and a perfect medium for exercise. You can take them wherever you like, as they are travel friendly. People these days are becoming so conscious about their health that they are finding innovative things to stay fit and healthy. Resistance band is one such thing that today every person concerned about health is looking for. In this article we will learn about the howâ€™s and whoâ€™s about these bands in order to get a proper knowledge before buy them using them.

How does resistance band works?

When we use any rubber of elastic product, after a certain limit of stretching they start creating resistance. We need more muscle power to overcome the resistance. This resistance helps in toning of the muscles. As it can be done in any direction, it is very useful and recommended.

Who can use resistance bands?

We need to know who can use these bands as they are going to benefit them. These bands can be used by people of any group starting from very small kids. It is very good for all people for any purpose because they will only tone your muscles and make you stay in shape.

Are resistance band and tubes safe?

These bands are safe to use. There are certain pointers thought that needs to be kept in mind. Firstly, resistance bands have levels, which are indicated by colour. So do not buy bands based on their colour. Know their level and then purchase. Moreover never leave the band while you are stretching it. Elastic and rubber has a tendency to snap back. You may get yourself injured if you leave it suddenly.

Resistance bands are easy to use; they do not need any instruction to be followed. They are indeed universal exercise tool suitable for everyone

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