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How to Choose the Best Resistance Band by [Julia Roger](#)

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resistance bands, also known as exercise bands, fitness bands, resistance tubes and so on, of various companies are available in the market. While purchasing them one must be very cautious and aware of the fact that they go for the best set, rather than purchasing the cheap one just for saving money. This is because there are big differences between what they advertise and what they actually provide. A procedure of choosing the right kind of resistance band has been discussed below.

It is always advisable to buy resistance bands which are made of liquid latex, unlike the bands of cheap materials; this is because these are more durable, tear resistant, a scratch resistant smooth surface, and so on.

The next thing to consider while purchasing resistance bands is how these bands are made. Resistance tubes are made in various ways, among which the best is the multi-layering method. This is the most durable and strongest way of making resistance tubes; however, very few resistance bands built by multi-layering method are available in the market.

The ratings of bands differ from company to company, and material to material. For instance; a 50lb band of one particular seller can be much thinner or thicker than another 50lb band of some other seller. This discrepancy occurs because the process of rating is different and not uniform. One must be very careful about this fact before making a purchase.

While purchasing resistance tubes or bands, always ensure that they have a clip system, rather than handles as they have poor resistance combination. Clip system has many advantages and always should be preferred by the buyers.

Thus, these above mentioned considerations should be kept in mind before buying resistance bands. Quality and safety issues should always be given priority over financial issues, and it is better not to go for cheap materials.

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