Strength Band Training (2nd)

By Phil Page, Todd Ellenbecker

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Strength Band Training (2nd), Phil Page, Todd Ellenbecker, The best guide for strength band training is now expanded, updated, and better than ever! In this new edition, "Strength Band Training" shows you how to maximize strength, speed, and power in the gym, at home, or on the road. With more than 160 exercises and predefined fitness and sport-specific workouts, the book shows you why strength bands are the ultimate tool for targeting, isolating, and developing every major muscle group. Portable and easy to adjust, the bands provide resistance for any level of strength, fitness, or ability. The exercises allow you to add resistance in multiple directions--something free weights and machines cannot do--for resistance routines that can simulate sport-specific demands, strengthen and tone your core, or target muscles to help you prevent or recover from common injuries. Whether you are seeking to improve athletic performance or wish to redefine, sculpt, or shape your physique, " Strength" "Band Training" provides the most effective exercises and workouts for results you can see and feel.

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