

RESISTANCE BAND SET%0A

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Resistance bands offer a flexible alternative to the gym, allowing you to train different body parts in the comfort of your home, a hotel room, or even the great outdoors. If you're curious about resistance bands, then check out these answers to some commonly asked questions.

[Why Everyone Should Own a Set of Mini Resistance Bands](#)

Mini resistance bands, or mini bands, are versatile and can be used for a total-body workout. Here's how to use them to strengthen and stabilize your body.

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Resistance bands are sold under a variety of different names, including exercise bands, therapy bands and fitness tubing. These bands are generally any rubber tubing or flat band that can be used in strengthening your body.

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[Resistance Band Set of 5 - Black Mountain Products](#)

Black Mountain Products Resistance Bands are a great alternative to free weights or any workout machine.

Training with Black Mountain Products Resistance Bands is the perfect tool to help repair torn rotator cuffs, elbows, knees and for general rehabilitation. Combine our bands with P90X or any other home workout routine and the results will speak for themselves.

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