



## Resistance Training: Tone Your Body for a Lifetime of Great Health with Resistance Training and Resistance Band Training (Paperback)

By Sage Surefire

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Achieve Great Health That Lasts A Lifetime There s A Resistance Training Method For Everyone In Here (1) Resistance training with weights (2) Resistance training using bodyweight only (3) Resistance training with resistance training bands Resistance - it s the impetus for growth. Without resistance we tend to stagnate, we get weak and comfortable. Resistance is what gives us challenge. It pits us against something, makes us work harder and allows us to get better. When it comes to changing ourselves physically, resistance is the key to improvement. Resistance forces our skeletal muscles to contract. And those forceful contractions cause changes to take place within the muscle fiber. What changes? Depending on how you use that resistance it can cause you to. (1) Build muscle (2) Increase strength (3) Improve endurance (4) Lose fat (5) Define and tone muscle The most popular method of resistance is weight training. That s because it is a fantastic way to change your body for the better. But it is by no means the only way. Other forms of resistance training include....



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