

WORKOUT WITH BANDS RESISTANCE%0A

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This is a full-body workout using only resistance bands. It can be used for one workout while on vacation or during a work break at the office , or it can even be established as an actual routine. I suggest using a three-day split with this routine.

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[Anywhere](#) Rock out with the band! Resistance bands are a great addition to any strength training routine or rehabilitation program and come in a

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A resistance band is one of the most inexpensive, convenient pieces of workout equipment you can own. You can get a pack of multiple online for \$10 or less, and they take up essentially no space.

[Side Step & Squat Resistance Band](#)

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No time? No space for bulky equipment? No worries. This effective resistance band workout routine will not only blast fat, it will define your muscles.

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