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STRONGBANDS EQUAL STRONG GAINS

Great news: if you're a beginner, you don't have to worry about paying for a gym membership again. When I started my fitness journey over twenty years ago as a novice, these bands would have saved my life. I had so much fear inside of me that I never dreamed of stepping inside of a gym. Or making a long-lasting commitment to a personal trainer. If you haven't already purchased your very own premium, Strongbands, do so now.

Strongbands are so multifaceted that making excuses not to use them is nonexistent. They're perfect for the person just starting out who likes the privacy of their own home. But that's not to say that the professional fitness population cannot benefit from these bands either. Unlike regular weights, Strongbands are not cumbersome and heavy; they make traveling fun. If it's an overnight trip or a month-long tour, it doesn't matter; these tube-handled straps get the job done. They're even an excellent choice for physical therapy. They can be used in the hospital because they're light weight and durable.

Unlike ordinary fitness bands that cost less, you will not have to worry about Strongbands losing their elasticity and eventually snapping apart like previous straps I've owned. The stretchable band is protected by a sheath-like material to prevent cracks that happen over time with excessive use. The plastic handles have a rotating tubular shape to make it flexible enough to perform your favorite exercises. What I love is each band has its own colored handles, so grabbing the right one when you're in a rush out the door is easy and convenient.

These are perfect for:

- **Full-body workouts**
- **Strength & cardio combos**
- **Low injury risk**
- **Flexability**

There are four different resistant level bands to choose from; I personally use the 56" Ultra Heavy bands for my workouts. Again, I've been lifting weights since my early twenties, and I still feel and see gains in muscle building when I use Strongbands. Even if this is your first time doing any type of exercise, you will not be disappointed. What are you waiting for? Buy them now.