



# Benefits of Resistance Band Workouts

**Versatility:** While dumbbells provide you with a heavy lift, and weight machines are stable and easy to use, neither has the versatility of the resistance bands. You can begin performing a band squat and immediately add a bicep curl to the move. Or you can easily take a resistance band lunge and add an overhead press. The possibilities are endless.

**More Muscle Recruitment:** Due to the great versatility of the resistance bands, they are also more efficient. A bicep curl with a dumbbell is a fixed motion and the muscles used are predictable. Add the instability of the band and muscle fibers all over your arms and shoulders kick in to keep the band stable.

**Affordability:** Some are less than \$20. Need we say more? Resistance bands are relatively inexpensive—even the good ones! You can buy multiple resistance levels and still keep your costs low.

**Portability:** Putting a treadmill away when company comes over can be cumbersome. Moving the dumbbells under the bed gets to be a hassle. This is not the case with the resistance bands. Small, light and flexible, they can be tucked away anywhere—including your handbag or gym bag! Take them to the office, put them in a suitcase, run them upstairs or downstairs; resistance bands are easy.

**Adaptability:** Resistance bands are very adaptable for multiple fitness levels. Whether you're a beginner or an expert, resistance bands are for you. They come in a variety of resistances, and you can further adjust the intensity of your resistance-band workouts by giving the band more or less slack.

**Variety:** Your muscles quickly adapt to movements you do often, which is why adding variety to your workouts is key for challenging your muscles. Resistance bands can be alternated with free weights and exercise machines for ongoing variety.



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