

## **Manual Resistance Training**

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*Manual Resistance Training  
The WearBands resistance band-based training systems adds no-impact resistance to ANY workout. Athletes improve speed, agility,*

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*strength and jumping, fitness consumers burn 30% more calories, get 15% more cardio, more sculpting and toning of the entire body. 30-day money back guarantee (incl. return shipping)*

*Resistance training among young athletes: safety, efficacy ...*

*For the development of strength, it seems that training intensities of 80-100% of 1RM provide the largest mean effect for those with resistance-training experience (32,34). For this reason, it is recommended when training athletes to use intensities in the 1-6RM range for*

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*sessions with the goal of maximizing muscular strength ( 3 ).*

### *WearBands Resistance Band Training Equipment For Athletes ...*

*There is a growing number of young athletes participating in resistance training programmes in school-based programmes, fitness facilities and sport training centres to enhance their athletic performance and reduce their risk of injury during practice and sport competition (fig 1). 1 Although some clinicians once considered resistance training unsafe and potentially injurious to the*

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*developing ...*

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