



Resistance Band Workbook: Illustrated Step-by-Step Guide to Stretching, Strengthening and Rehabilitative Techniques

By Karl Knopf

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Improve Balance

Reduce Lower Back Pain

Rehabilitate Injuries

"Resistance Band Workbook " offers more than 70 safe, effective exercises paired with clear captions and step- by-step photos that can be done practically anywhere, anytime. In addition, special programs will enhance your daily life, whether you're looking to revamp your physique, elevate your sports performance or simply improve functional fitness.

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About the Author

Karl Knopf is the coordinator for the fitness therapist program at Foothill College of California.

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