



Resistance Loop Bands Maker Kit Guide

Resistance Loop Bands, also often referred to as Booty Bands, are a specific type of elastic resistance band. Booty bands are designed to be wrapped around your legs, either above or below the knees for certain workouts. These bands will help add pressure, support, and resistance to your leg muscles in lower body workouts, as well as aid in the improvement of hip strength and mobility.

In addition to the Booty Band workout cards, the video below is also a great tool to get you familiar with using Resistance Loop Bands!

<https://tinyurl.com/2p9xatam>



Starting Out

Here are the top 14 benefits of using Booty Bands.

- Help accelerate strength training.
- Ensure that you stretch safely.
- Help eliminate muscle imbalances.
- Promote bone strength.
- Reduce the chance of injury.
- Activate your core muscles.
- Offer different levels of resistance.
- Can be used with other fitness equipment.
- Improve your flexibility.
- Help improve your balance.
- Build the back muscles and improve your posture.
- Strengthen your legs
- Aid in weight loss
- Lightweight and portable for easy transport.

Troubleshooting

If you experience problems, please contact the Reference Desk at cvref@wclibrary.info

Feedback

We would love to hear how your experience was! Please consider sharing photos or videos of your experience with us on social media:

Facebook:

www.facebook.com/wclibrary.info



Instagram:

www.instagram.com/wclibrary5859



Please Note:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your physician before beginning this or any exercise program. This equipment and any accompanying instructions and advice are in no way intended as a substitute for medical consultation. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.