

## GYM BANDS EXERCISES

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[Calf Exercise With Resistance Bands Exercise 1: Calf Raise](#). Stand on the band with your toes, keeping your hands by your shoulders. Rise onto your toes as you would with a barbell calf raise. [Ab Exercise With Resistance Bands Exercise 1: Weighted Sit-up](#). If you have a decline bench, you can fix the band around the base of the bench and perform decline sit-ups while holding onto the handles. [SoAlpha Premium Exercise Ball with 15LB Resistance Bands ...](#)

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