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Choosing and Using Resistance Bands - Verywell Fit

Resistance bands may not feel as challenging as machines or dumbbells. With weights, you know exactly how much you're lifting. With bands, you can only go by how it feels and the tension on the band. That doesn't mean you're not getting a good workout, though. If you use good form and the right level of tension, your muscle fibers won't know the difference between weights or bands. Plus, bands

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