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Whats Resistance Band Workbook Illustrated StepbyStep Guide to Stretching Resistance band Exercise #three Twisting Roll-Back This resistance band exercise provides the identical benefits as the essential abdominal crunch, however with less neck strain & without the attainable discomfort that comes with lying on the ground, since this resistance band exercise uses a band instead of gravity to produce resistance.

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10 Best Exercise With Resistance Bands - December 2020
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