

Fitness - Nov 29, 2004

Rubberized workouts: Fitness bands can provide a challenging total body workout. To ensure your safety when using bands, check tubing regularly for tears, worn spots or holes and replace as necessary. Always wear supportive sneakers when using tubing. Be sure the tubing is securely anchored underfoot or on a door before each exercise. Finally, stay away from surfaces that are abrasive (i.e. concrete) that can tear tubing. Carpeting, wood floors or grass are best.