



Bear Bands Resistance Bands Considered To Be The Easiest Exercise Equipment For People On The Go

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Tracy Hart-Woods, vice president for Client Happiness at Fitter Den, announced that Bear Bands Resistance Bands, their signature product, is one of the easiest pieces of exercise equipment to carry around by people who are always on the go. The resistant latex bands come in a set of four 10 inch flat stretch loops, and are perfect to use in workouts for men and women.

Hart-Woods stated that when they created their set of resistance bands, their focus was on helping people who needed a way to get effective strength training without being tied down to a gym, or having to use heavy weights at home. In this day and age, life has become extremely fast-paced, and while most people understand the importance of maintaining a healthy lifestyle, it isn't always easy to achieve when they are continuously on the move. Bear Bands Resistance Bands solve this problem by making it easy for users to carry them around in their purse or pocket, as they are extremely lightweight and compact. The good news is that they are still an effective strength training tool, so people can get the same valuable workout as they would from their gym or weights and other strength training equipment at home.

Bear Bands Resistance Bands are especially nice for those going on vacation. Though some hotel resorts

have gyms available for their customers, they are usually overcrowded, or the operating hours don't complement their vacationers' lifestyle. Other hotels don't have a fitness center at all. Resistance bands can be the ideal solution to help vacationers maintain their workout while still enjoying their trip, because they can use those bands at any time of the day or night, whenever it fits into their island-hopping, golfing, sunbathing or mountain-hiking schedule. The company added that the best part is that these compact strength training resistance bands don't take up any luggage space.

The Bear Bands Resistance Bands are perfect for working out the arms, legs and core, for men and women. They can be used for toning, strengthening, shaping, firming, stretching and balancing conditioning. Fitter Den, maker of the Bear Bands set made the following statement:

"Since you have a set of four varying resistance loops, you can start with the Light (green) resistance band, and work your way up to Medium, Heavy and Extra Heavy resistance as you feel ready."

Fitter Den stated that the reason for creating various resistance strengths was to help anyone from any level of fitness. The resistance bands can be used as a way to start easy, and as the user becomes stronger and fitter, begin to increase the resistance. Each loop is made with high quality natural latex, and the company stated that they are so confident in the product that they're willing to offer a 3 year guarantee. They note that while it's not uncommon for resistance bands to overstretch to the point of breaking - "...if that does happen, no worries," explains Hart-Woods. "We have seen less than a 1% failure rate on our Bear Bands, but for those occasions when it does happen, we will send you a new one. That's our guarantee."

For more information on Bear Bands, not just for ankle resistance bands, please check out their product page on Amazon or visit them on their website directly.

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For more information about Fitter Den, Creator of Bear Bands Resistance Bands, contact the company here: Fitter Den, Creator of Bear Bands Resistance Bands Tracy Hart-Woods, Vice President for Client Happiness 888-996-4965 (888 996-GYM5) pr@BearBands.com Missoula MT

Fitter Den, Creator of Bear Bands Resistance Bands

Fitter Den? is a sports, fitness and health company devoted to providing portable, simple-to-use fitness tools like resistance bands and massage balls to enhance strength, flexibility, comfort and mobility for young and old alike.

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