

## Resistance Bands Training for Muscle Strength

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Date::  
April 17, 2017

Every Wednesday from 12-12:40 p.m. resistance bands training for muscle strength is offered in the Student Union Memorial Center, Presidio Room.

The American College of Sports Medicine and the Department of Health and Human Services recommend that Americans engage in strength training exercises at least two days each week. There are several options to accomplish this goal including lifting free weights, using strength training machines, elastic-resistive bands or doing exercises such as push-ups and curl-ups.

Strength training with resistance bands has unique benefits because the bands are inexpensive, portable, and simple to use. UA Life & Work Connections offers free Resistance Bands for Muscle Strength classes for UA employees on campus two days a week to provide a convenient opportunity to meet strength training goals. No special clothing is required and bands are available for purchase in class.

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### Links

[1] <mailto:cfisch@email.arizona.edu>