

# Newly Released Resistance Bands May Aid Users In Diversifying Their Workout

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Exercise bands resistance by Cayman Fitness are sold exclusively on Amazon.com

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2014) Miami, FL -- Fitness as we know it involves a gym and lots of complicated machines but most importantly heavy weights. Cayman Fitness is playing their part is changing this view of what it takes to get strong with the [introduction of their exercise bands resistance](#). The company seeks to provide more options to persons who are looking to add diversity to their regular workout or who would rather opt out of the heavy machines altogether.

These resistance bands are made of what is said to be high quality, double layer, natural latex to ensure that they can be used for the maximum lifetime of the product with the utmost safety. Each customer who orders receives a set of 5 bands and accessories. One of the reasons the bands are said to offer a sufficient alternative to the machines with heavy weights at the gym is the fact that each band offers a different amount of resistance. The band with the most resistance in the set is purported to offer up to 22 pounds of resistance.

Another reason they are said to offer a viable alternative to the gym is the portability factor of the resistance bands. The set of 5 bands and the accompanying handles, ankle straps and door anchor supposedly all fit into a carrying bag that is also included in the purchase. This is said to give users the option to carry the equipment around virtually anywhere with them and attach the door anchor and bands to any door that can be closed for an impromptu workout.

Customers who have already purchased the bands since their release earlier this year have already left comments on Amazon where they note their use of the bands as a convenient alternative to traditional gym equipment.

One such customer is Jacki Williams who left the product a five star review stating, "I love these fitness bands. I have a basement full of exercise equipment but never use it because I am too lazy to walk downstairs. These are so convenient to use as I watch TV or during commercials, they are easy to put away in the carrying bag. I do pilates once a week and I feel that having added a home routine of fitness band exercises is just what I needed."

Her review also supports the seller's claims that the resistance bands can be used to diversify an existing exercise regimen. For customers seeking to add new moves to their existing workout program or ones who have no exercise plan in place, Cayman Fitness includes multiple digital exercise guides as a bonus to every purchase. An at home full resistance band training e-guide, 6 different 30 day challenge guides, a four minute trainer Tabata turbo e-guide and a quick start e-guide are all made available for download to the customer in an e-mail they receive following their purchase. This may be very helpful to customers who are new to strength training with resistance bands and has in fact been noted as such by customers such as Ruth Anderson who left the following five star review, "I am so pleased with this product. The quality of the bands is great, stretchable yet very strong. I love the door anchor it's so convenient. I can do the exercises anywhere in my house! I just need a door. I was very pleased with the e-guides and workouts that

it comes with. I have only tried a few exercises and I can't wait to start my own exercise routine. I also love that I can fit everything in a small bag. I can bring my own gym wherever I go.”

People considering purchasing the set of exercise bands resistance by Cayman Fitness for themselves, they can buy with confidence as the company offers a “no questions asked” 90 day money back guarantee. When presented with the suggestion of including resistance bands in one’s workout by fitness experts and reading the testimonials of customers who have had satisfying experiences with them, it may be deduced that they would be a worthwhile addition to existing exercise regimens for multiple reasons. They are sold exclusively on Amazon.com where they are currently available for purchase by all.

Cayman Fitness Product is offering all new customers \$5 off their first order of Resistance Bands on Amazon.com with coupon code - CAYM5 - visit the link below to redeem.

[http://www.amazon.com/Cayman-Fitness-Resistance-Questions-Guarantee/dp/B00JYDSWJ0/?ref=sr\\_1\\_10?ie=UTF8&qid=1408588270&sr=8-10&keywords=Exercise+bands+resistance](http://www.amazon.com/Cayman-Fitness-Resistance-Questions-Guarantee/dp/B00JYDSWJ0/?ref=sr_1_10?ie=UTF8&qid=1408588270&sr=8-10&keywords=Exercise+bands+resistance)

## **About Cayman Fitness Products**

Cayman Fitness Products is an Amazon Sports & Outdoors Store that is offering a wide array of services for sports and outdoor enthusiasts. Only quality outdoors and sporting goods are sold by the company online, which means that irrespective of the kind of equipment being sought, the company provides only the best for its customers.

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