

---

## Beachbody Resistance Bands

Posted by Medikman - 2008/05/14 00:13

---

So I just got everything today and I am psyched to start on Monday. I do have a question about the bands. Does anyone know what the weight they simulate? I got the red (lightest) Green (medium) and Black (heaviest). Any input would be appreciated.

=====

## Re:Beachbody Resistance Bands

Posted by Les - 2008/05/14 07:56

---

I have some bands, black, green, and blue from Dick's sporting goods, and the weights are marked on them (15, 10 and 5 lbs respectively)

the resistance of the band can altered by doing some loops that you'll learn when doing the exercises.

=====

## Re:Beachbody Resistance Bands

Posted by Coy G - 2008/05/14 11:53

---

I've used resistance bands in baseball and I'm not sure they're the same type of bands because we just used them to stretch our arms, but to make them more resistant, which in my mind would make them be equivalent to more weight, we shortened the amount of the band we were stretching which made it a lot harder to get the full motion out. Just a thought, hope it can help,

=====

## Re:Beachbody Resistance Bands

Posted by MDFxP90X - 2008/05/15 12:39

---

Sounds like you got the heavier set for BB. If so:

RED = 30lb  
GREEN = 40lb  
BLACK = 50lb

If you got the lower set I think the are Burgandy, Aqua, and Black.

=====