
Bands instead of free weights??

Posted by taperkins - 2008/06/05 02:06

I just purchased P90X online and didnt want to buy a set of free weights, i already have a set of resistance bands and a chin up bar

can i just use the bands instead of weights??

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Re:Bands instead of free weights??

Posted by Les - 2008/06/05 06:41

Welcome
Absolutely,

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