



Elastic Strength: A Neuroscience-Based Approach to Banded Resistance Training

Kusha Karvandi

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Elastic Strength: A Neuroscience-Based Approach to Banded Resistance Training Kusha Karvandi Workout "Hacks" Powered by Bands & Neuroscience to: • Rapidly Increase Strength • Restore Full Joint Mobility • Recover Faster Than Ever Before Harness the latest applied neuroscience techniques, coupled with variable resistance training via elastic bands, for the most rapid increases strength, recovery and mobility you've ever experienced.

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