Science Says: Spiderbands Are The Perfect Workout For Women



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Conventional workouts like step aerobics and spinning just got a huge makeover, as aerial bungee cords, also known as Spiderbands, revolutionize the way women get their daily dose of exercise. According to fitness experts, Spiderbands are simply a contraption of suspension cables that leverage body weight towards the ceiling—wherever they are rigged—as you hold on to them with your hands and feet. The cables are often used in combination with a soft matted floor.

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The Spiderbands workout ranks among the top fitness trends forecast for 2015 by the American College of Sports Medicine. Ladies, this is a

great way to engage in a full-body cardio workout to stay in shape, as nothing beats training against the weight of your own body. Can you

imagine the benefits of conventional lunges, push-ups and squats done

against the resistance of these cables? They are guaranteed to make you work harder and yield faster results.

Also note that chin-ups, which make most women struggle and groan, will now perhaps be as easy as walking. Thanks to the contradictory force of the bungees, you can lift yourself and perform chin-ups like a seasoned athlete.

Expert Speak: According to fitness trainer **Franci Cohen**, the bungees are a great tool for a variety of workouts; perform your exercises with the adequate amount of resistance and you are well on your way to a healthy and fit body.

Content modified from the post of Dorene Internicola on Reuters.