

Push-ups are an ultimate exercise, improving your overall body strength, muscle endurance, and conditioning. However, without proper form or technique, you may experience discomfort or pain during or after the exercise. This is where resistance bands come in handy. They provide extra support and help maintain proper form, making push-ups more effective and injury-free. In this article, we will explore five different reasons why using a resistance band can improve your push-up form.

## **Increases Resistance**

When doing push-ups using a resistance band, you will experience added resistance compared to traditional push-ups. This makes the exercise more challenging, and as a result, your muscles will work harder, and the results will be more significant. It's like adding weights to your workout routine. The increased resistance helps to build overall body strength, tone your muscles, and increase your endurance.

## **Targets Multiple Muscle Groups**

Push-ups have always been viewed as an upper body exercise. Still, when you add a resistance band, it activates various muscle groups throughout your body. The resistance band adds extra tension to not only your chest, arms, and shoulders but also to your core, back, and legs. As a result, you will improve your overall body strength.

## **Reduces Risk of Injury**

Push-ups can be a tough exercise, especially when you are a beginner. Using a resistance band is the right way to reduce the risk of injuries. The resistance band supports your body weight, making the exercise less challenging, and thus reducing the risk of strains and injuries. It makes push-ups an excellent option for people with injuries or joint pain.

## **Improves Range of Motion**

One of the major benefits of using a resistance band while doing push-ups is that it improves your range of motion. The resistance band allows you to take your push-ups to the next level by deepening your push-ups without putting undue strain on your shoulders or elbows. Additionally, the tension generated by the resistance band increases your range of motion, which means more activation in your muscles and better results.

## **Versatility**

Resistance band push-ups offer great versatility in your workout routine. You can modify the resistance levels by using different types of bands. You can adjust the band's resistance levels by shortening or extending the band, making it more accessible to people of different fitness levels. Because of the versatility of the resistance band, it is an excellent addition to any fitness routine, providing a new twist to traditional push-up exercise. In conclusion, the resistance band push-up is an excellent exercise that helps to improve your overall body strength, increases your endurance, improves your range of motion, reduces the risk of injury, and targets various muscle groups throughout your body. With its versatility, the resistance band is an excellent addition to any fitness routine. So go ahead and give resistance band push-ups a try and level up your push-up game.

## **References**

- [resistance band push up](#)