

Glutes (bands)

Supine hip extension with fitband



Exercise Description:

Supine hip extension with fitband

Classification:

Glutes (bands)

Instructions:

1. Lie on the floor and place the fitband across your waist and pin it to the floor with your hands.
2. Extend your hips up towards the ceiling keeping your feet and back on the ground.
3. Return to the starting position and repeat.

Lunge with ankle tubing and med ball



Exercise Description:

Lunge with ankle tubing and med ball

Classification:

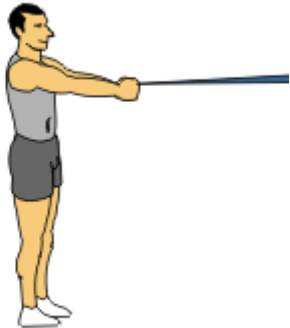
Glutes (bands)

Instructions:

- 1) Start position: Stand with feet hip width apart. Attach an ankle strap to both ankles. Hold a medicine ball in your hands.
- 2) Step backward 2-3 feet and lower body forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe.
- 3) Pushing off front foot, return to start position and raise the lunging leg into the air. Continue with same leg or alternate as prescribed.

4) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.

Forward Lunge with fit band



Exercise Description:

Forward Lunge with fit band

Classification:

Glutes (bands)

Instructions:

- 1) Start position: Stand with feet hip width apart. Hold onto the band at chest level. The band should be secured to a fixed object.
- 2) Step forward 2-3 feet and lower body forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury.
- 3) Pushing off front foot, return to start position. Continue with same leg or alternate as prescribed.

Stationary Lunge with Fit Band



Exercise Description:

Stationary Lunge with Fit Band

Classification:

Glutes (bands)

Instructions:

- 1) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of the foot. Place fit band under front foot and hold the other end with your hands.

- 2) Start position: Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Place hands on hips.
- 3) Lower body by bending at right hip and knee until thigh is parallel to floor. Body should follow a straight line down towards the floor.
- 4) Return to start position.

Squat with Fit Band



Exercise Description:

Squat with Fit Band

Classification:

Glutes (bands)

Instructions:

1. Start by stepping on the FitBand with both feet shoulder width apart.
2. Hold the FitBand at shoulder level with both hands. Start into a full squat while holding the band at shoulder height.
3. Return to the starting position and repeat for the prescribed repetitions.

Hip Extension with band



Exercise Description:

Hip Extension with band

Classification:

Glutes (bands)

Instructions:

1. Start by placing a band around your ankle and face the band.
2. Maintaining your balance kick your leg back while keeping it straight. Only kick back as far as your leg will allow.

3. Remember to squeeze your glute muscle while performing this exercise.
4. Return to the starting position and repeat for the required repetitions. Repeat with the other leg.