

GLUTEZILLA

PATENTED HIP THRUST BAND BY THE X BANDS



EXERCISE GUIDE

1

HEEL THRUST

Put the glutzilla on and up over your hips. Then using a bench or chair put both feet on the bench next keep your arms and shoulders on the ground and using your glutes to pull your hips up so your body is in a straight line. Then return to the starting position.



2

HIP THRUST

Put the glutzilla on and up over your hips. Then using a bench or chair put your shoulders on the bench arms can be on the bench or on you. Next keep your feet firmly on the ground and using your glutes to pull your hips up so your body is in a straight line. Then return to the starting position.



3

GLUTE BRIDGE

Put the glutzilla on and up over your hips. Next keep your feet about 10in from your glutes and hands to the side using your glutes to pull your hips up so your body is in a straight line. Then return to the starting position.



4

TABLE TOP THRUST

Put the glutzilla on and up over your hips. Next put your arms behind you about a foot from your glutes. Then lift your glutes up so your body is straight then return almost to the ground and back up try not to touch the ground with your glutes between reps.



5

SINGLE LEG THRUST

Lay on the ground and put the glutzilla on and up over your hips. Keeping your hands to the side for balance lift one foot in the air. Next lift your hips up until your body is straight then return to the starting position. And repeat with both sides.



6

STRAIGHT LEG DEAD LIFTS

slide your feet into the glutzilla keeping your legs straight grab the band with both hands. For more or less resistance can move your hands up and down the band. Next keep your back straight and stand up straight then down pivoting at the hips.



7**VERTICAL LEG PRESS**

Begin by sitting on the ground next slid your feet into the loops. Then pull the band under your butt to your lower back. Next keep your hands on the band on your lower back so it doesn't slip down and roll onto your back keeping your feet close to you. Then you can put your hands off to the side for balance and push your feet straight

**8****KNEELING HIP THRUST**

Begin sitting on the ground. Next slide your feet into the foot loops and pull the band up onto your hips. Then roll over so your on your knees and toes sitting back on your toes. Keeping the band around your waist trust upward so your straight then back onto your toes.

**9****STRAIGHT LEG KICKBACK**

Begin sitting on the ground. Next slide your feet into the foot loops and pull the band up onto your hips. Then roll over so your on your knees, toes and hands. Keeping one leg still extend the other leg straight back and return to the starting position.

**10****LAYING BACK ROW**

Begin sitting on the ground and slide your feet into the loops. Next roll onto your back and keeping your feet straight in the air reach up and pull the band towards yourself with both hands. To make it easier or harder move your hands up or down on the band.

**11****STANDING BACK ROW**

In the standing position slide both feet into the loops. Keeping your legs and back straight bend over and grab the band with both hands and pull up towards your chest. Again, to make it easier or harder move your hands around on the band.

**12****FROG PUMP**

Begin sitting on the ground and slid your feet into the loops then pull the band up and onto your hips. Next laydown and put the soles of your feet together. Keeping your hands to the side for balance thrust upward and back down.

**13****SINGLE LEG PRESS**

Begin sitting on the ground and slide only 1 foot into the loop. Next with both arms slide them under the band and have the band come down towards your elbows. Then keeping your arms tight to your body extend one leg out and back again. Repeat with both legs.



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