



Resistance Hip Bands Workout Tracking

EXERCISE	DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
1. Fire Hydrant																																	
2. Band Glute Bridge																																	
3. Hip Band Squats																																	
4. Forward / Back Squats																																	
5. Sitting Hip Abduction																																	
6. Hip Bridges Pulses																																	
7. Band Glute Bridge with One Leg																																	
8. Clamshell																																	
9. Side Steps																																	
10. Lateral Leg Lifts																																	
11. Squat and Lateral Leg Lifts																																	
12. Hip Bridge Sit-up																																	
13. Duck Walk																																	
14. Leg Raise with Hip Abduction																																	
15. Plank Leg Raises																																	
16. Kickback																																	
17. Reverse Lunge																																	
18. Lying Leg Raises																																	

Month of: _____