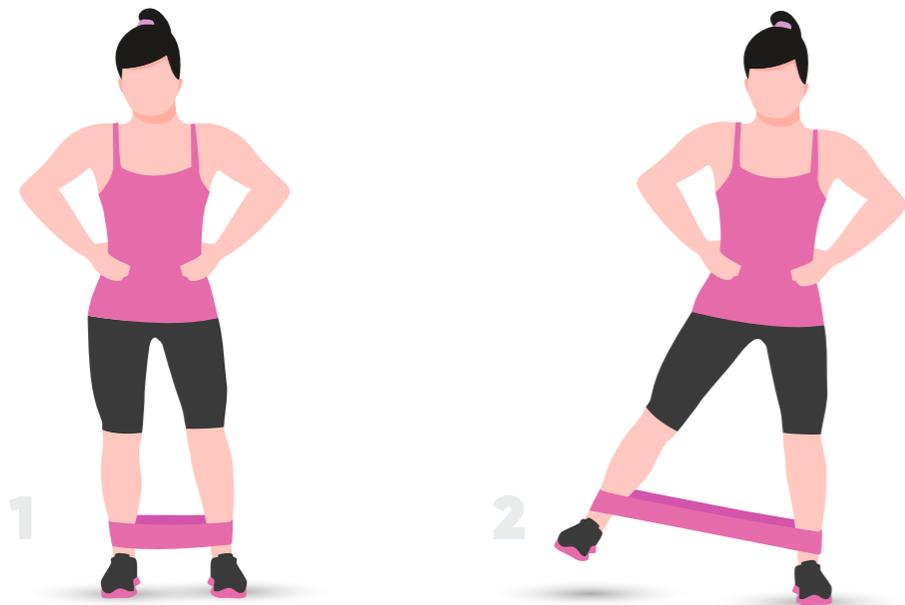


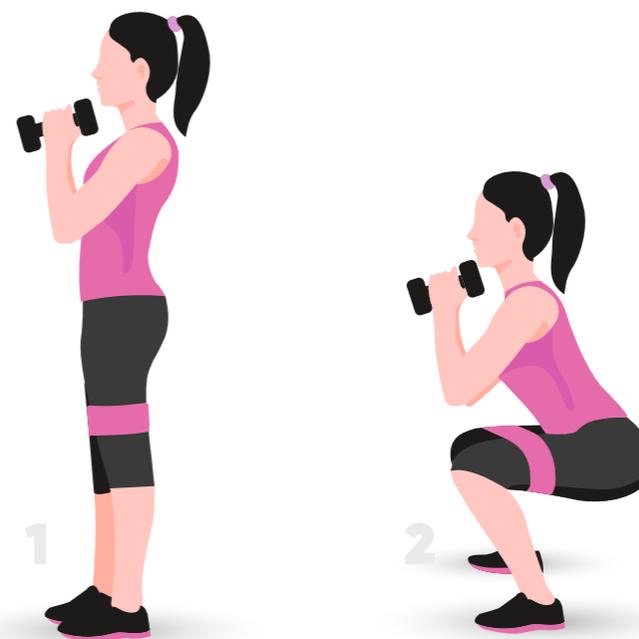
# RESISTANCE BANDS EXERCISE GUIDE





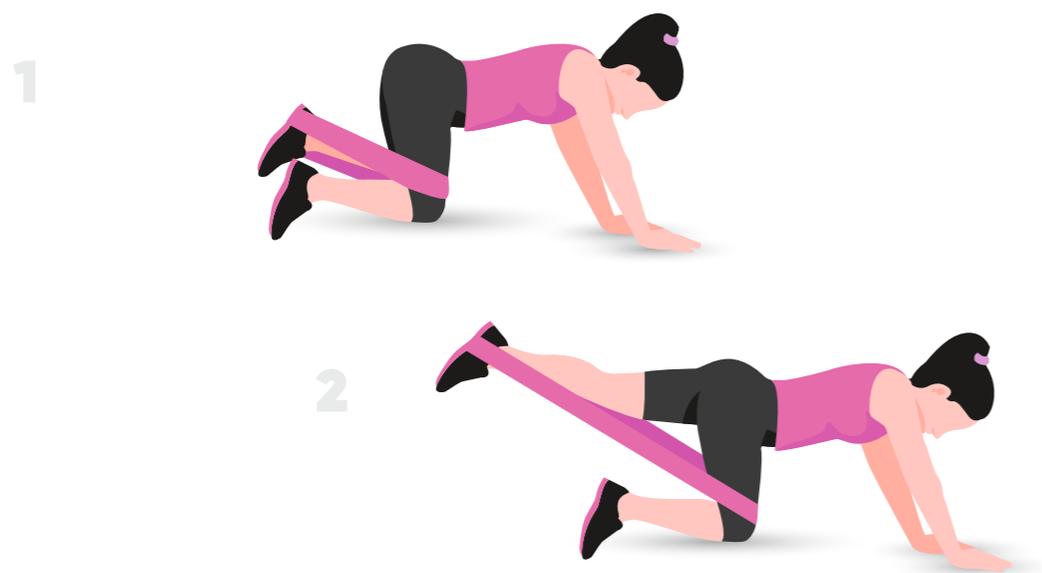
## STANDING HIP ABDUCTORS

1. Stand your feet hip-width apart, feet facing forward; band around the ankles.
2. Ensuring your hips and upper body remain still and upright, move your working leg out quickly to the side like a pendulum hinging at the hip, then lower back down to starting position slowly. Try pointing toes upwards for extra difficulty and feel free to use a wall or some furniture for balance. Alternate 3 x 12 reps on each leg.



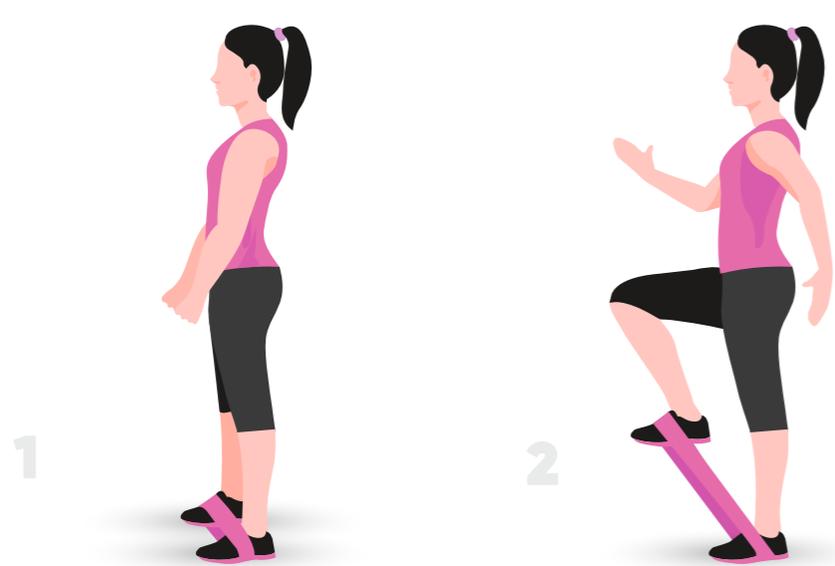
## SQUATS

1. Stand upright, with the band around your legs (above the knee).
2. Keep weight through the heels, ensuring the knee stays level with your toe. Get your booty as close to the ground as you can. 3 x 12 reps.



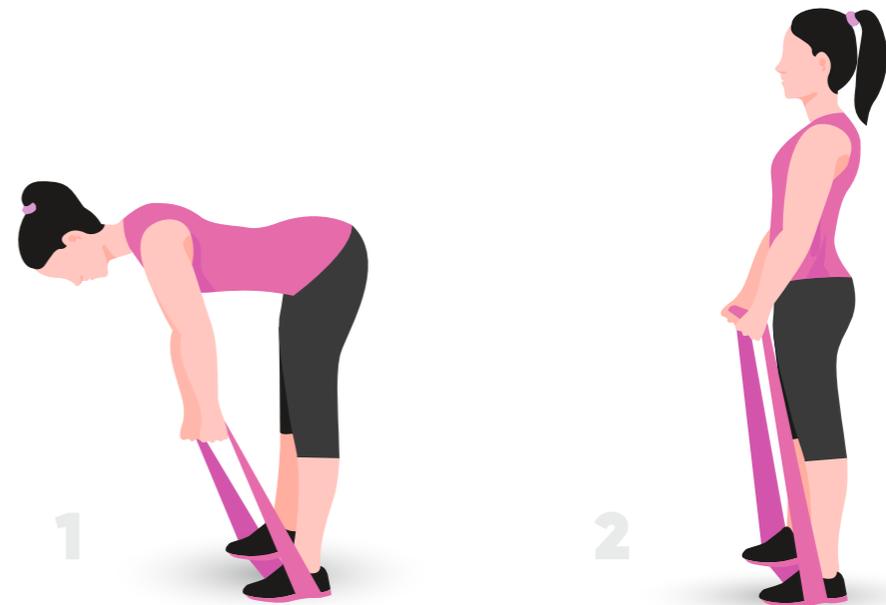
## ALL FOURS KICKBACK

1. Position yourself on all fours with hands shoulder-width apart and palms flat; knees below your hips at a 90-degree angle.
2. Ensure your head is facing down (don't look up), then kick back one leg until it is straight, parallel and toes are pointing to the floor. Keep your back flat, spine aligned and your hands flat to the floor. Alternate 3 x 15 reps on each leg.



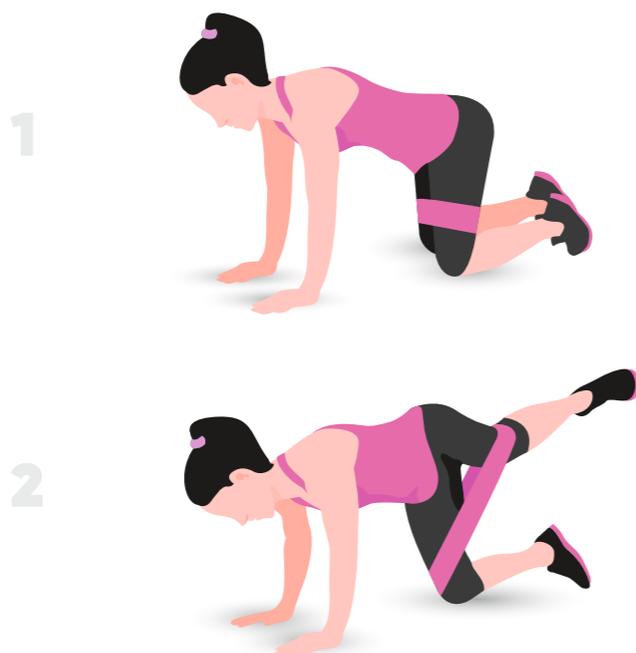
## STATIC HIGH KNEES

1. Stand with your feet about shoulder-width apart; loop the band around both feet.
2. Simultaneously lift your opposite arm and foot so your knee is equal to or above your hip. Alternate 3 x 10 reps each leg.



## RESISTED DEADLIFTS

1. Keeping your lower back neutral (i.e. keep flat & don't bend it) start at a ninety degree angle with hands below the knees.
2. Pull and straighten up your back and lock your hips, return to lowered position and rest one second at the bottom before repeating. 3 x 8-10 reps.



## FIRE HYDRANTS

1. Position yourself on all fours with shoulders wide apart and palms flat, knees at a 90-degree angle.
2. Raise one thigh out to the side, keeping hips still, then return thigh to starting position. Keep back straight and head facing down. Alternate 3 x 10-12 reps each leg.