



# Adjustable Hip Bands

## CAUTIONS

- Always wear suitable athletic shoes with good traction.
- Warm up for 3-5 minutes before each session.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions in each direction to avoid the development of muscle imbalances.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions. Or if unable to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or increase repetitions.
- Perform each exercise a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of complete rest between each exercise session.

BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.

## HOW TO SET UP YOUR ADJUSTABLE HIP BANDS



1. Adjust the hip band by pulling the band through the buckle.



2. Place the extra fabric through the secure loop.



3. You are now ready to use your Adjustable Hip Bands.

## BACK LEG RAISE



START: Secure band around both legs just above knees. Stand with feet hip-width apart and hands on hips.



FINISH: Keeping body straight and head up, slowly lift exercising leg up and back with toes pointed toward floor. Hold 1-2 seconds and return to start position.

## SQUATS



**START:** Secure band around both legs just above knees. Stand with feet hip-width apart and arms straight at the sides or clasped in front of the body.

**FINISH:** Slowly raise arms while bending knees, lower hips and glutes until arms are straight out in front and knees are directly above toes. Hold 1-2 seconds and return to start position.

## FRONT LUNGE



**START:** Secure band around both legs just above knees. Stand with feet hip-width apart and hands on hips or in front.

**FINISH:** Slowly bend knees, lowering hips and glutes until thigh of front leg and shin of back leg are almost parallel to the floor. Lift back heel off floor, keeping front knee directly over foot, head and shoulders directly above hips, and back straight. Hold 1-2 seconds and return to start.

## LATERAL LUNGE



**START:** Secure band around both legs just above the knees. Stand with feet hip-width apart and hands on hips or clasped in front of the body. Take a big step to the side with your right leg, then bend your left knee, push hips back and lower until your left knee is bent 90 degrees. Hold for 1 - 2 seconds and return to start. Repeat on other leg.



**FINISH:** Slowly bend knees, lowering hips and glutes until thigh of front leg and shin of back leg are almost parallel to the floor. Lift back heel off floor, keeping front knee directly over foot, head and shoulders directly above hips, and back straight. Hold 1-2 seconds and return to start.