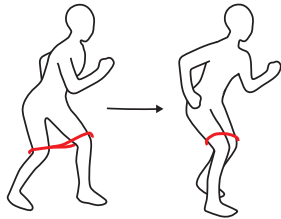
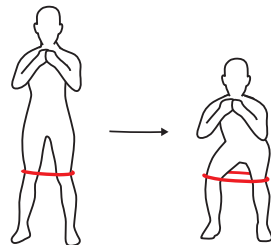


RESISTANCE LOOPS



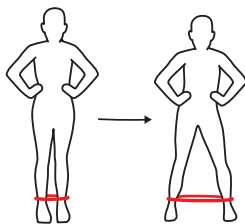
FORWARD WALK

Place the loop around your knees. With one leg, take a step at a 45 degree angle. Repeat with your other leg and then alternate.



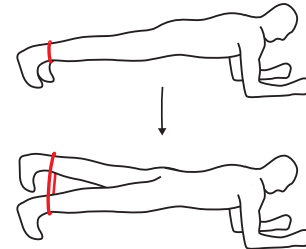
SQUAT

Place the loop around your knees. With your legs shoulder width apart, bend your knees whilst pushing your glutes outwards. When your thighs are parallel to the floor push back upwards and repeat.



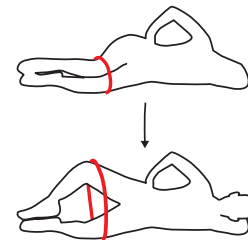
LATERAL BAND WALK

Place the loop around your ankles. With your legs slightly bent and shoulder width apart take a step to your right. Slowly bring your other leg inward to replicate the original position. Repeat this 5-6 times and then repeat with other leg.



PLANK

Place the loop around your ankles and get in the plank position. Whilst in the plank position push to the side with one foot and then alternate.



CLAM SHELL

Lie on the floor on your side and place the loop around your knees. Have your hips and knees bent at 45 degrees, with one leg on top of the other. Slowly raise the top leg whilst keeping the lower leg on the floor.

