



GLUTE BAND WORKOUT

ROUTINE (REPEAT 2-3X)

10 Side Steps (Each Leg)

10 Monster Walks

10 Squats w/Toe Tap

10 Kickbacks (Each Leg)

10 Fire Hydrants

10 Glute Bridges

COOL DOWN

Happy Baby Pose - 30 Seconds

Hollow Rock - 30 seconds

Child's Pose - 30 seconds



BANDED UPPER BODY WORKOUT

ROUTINE (REPEAT 2-3X)

10 Overhead Pull-Aparts

10 Banded Chest Press

10 Banded Bicep Curls (Each Arm)

10 Banded Push-Ups

10 Banded Shoulder Taps

10 Banded Supermans

COOL DOWN

Wrist Circles - 30 Seconds

Thread the Needle - 30 seconds (Each Side)

Shoulder Car Drivers - 30 seconds (Each Side)