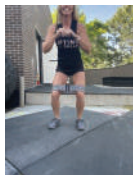


LIFTING  
THE DREAM

# BAND WORKOUT

Welcome to the best booty burn workout you'll ever get! Strengthening your glute muscles is important for proper pelvic alignment, which translates to proper strength and form in your hips. Strong glutes and hips affect strength in our lower back and all the way down to your knees and ankles. Our glutes are one of the most important muscle groups in our bodies - let's strengthen them with this amazing workout! If you're just starting out with the glute band, do this circuit one time through and see how it feels. From there you can work up to 2 or 3 sets as you get more comfortable with the resistance. We recommend doing this before you do a full body workout so your glutes are nice and warm!



## Side Steps 3x10 (Each Side)

Place the band just above your knee and, while maintaining a quarter squat position, side step 10 paces and back. Repeat 3 times.



## Monster Walks 3x10 (Forward/Backward)

Place the band just above your knee and, while maintaining a quarter squat position, forward step 10 paces forward and backwards. Repeat 3 times.



## Squats 3x10

Place the band just above your knee. While in the proper squat stance, descend slowly until you are at squat depth. To add more burn, do a slow 3 second descent with a 1 second ascent. For even more burn try doing these weighted with a barbell or kettlebell. Repeat 3 times if unweighted. Use discretion for reps when weighted.



## Kickbacks 3x5 (Each Leg)

Place the band just above your knee. While on all hands and knees kick back one leg at a time vertically and slowly. Alternate sides, repeat 5 on each leg.



## Glute Bridge 3x10

Place the band just above your knee. While on your back, lift yourself off the ground. The upper back and shoulders should always be touching the ground as you raise your pelvis up. Once at the top you can come down to the ground again, and repeat 10 more times. For extra burn you can do a slow ascent or do single leg raises.

## Bonus Arm Workout:



## Push-Ups 3x10

Place the band around your wrists and assume the push-up position. Scale as needed but focus on keeping proper push-up form - the band will fight you in the form of resistance :)



## Tricep Pulse 3x10

Place around your wrists and, while arms are straight overhead, pulse your arms out and in for 10 reps. Holy tricep burn!

Try this:

3 Rounds

Side Steps x10 (Left/Right)  
Monster Walks x10 (Forward/Backward)  
Squats x10  
Kickbacks x5 (Each Leg)  
Glute Bridge x10

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# BAND WORKOUT

## 3 Rounds:

**Side Steps x10** (Left/Right)

**Monster Walks x10** (Forward/Backward)

**Squats x10**

**Kickbacks x5** (Each Leg)

**Glute Bridge x10**