

HIP BAND

EXERCISE GUIDE

SQUATS



Secure band around both legs just above knees. Stand with feet hip-width apart and arms straight at sides.

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

SIDE LEG RAISE



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

Keeping body straight and head up, slowly lift exercising leg straight out to the side. Hold 1-2 seconds and return to start position.

BACK LEG RAISE



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

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.

FRONT LUNGE



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

Slowly bend knees, lowering hips and buttocks 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.