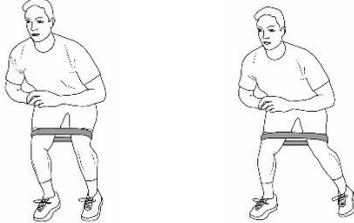


# Victorem Hip Resistance Bands

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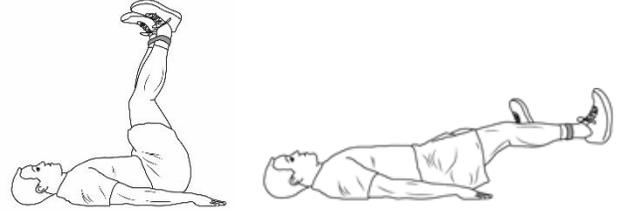
## Lateral Side Step

Begin in a semi-squat position, with the band placed above the knees. Step sideways with your left foot, following this motion by sliding your right foot back into the starting position. Continue this motion for 10-15 steps, then reverse direction and repeat.



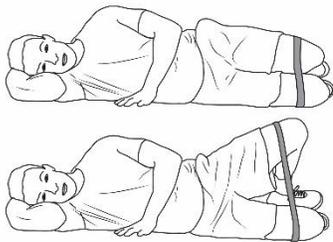
## Core In & Out

Begin in a V-like laying position with band attached around the ankles. Raise legs up, bringing them together and driving feet to the sky. Return legs to the starting V-like laying position. Repeat for 10-15 reps.



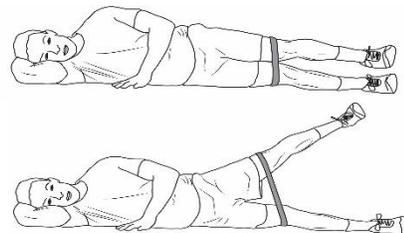
## Side-lying Clam

Begin by lying on your side, with the band placed above the knees. Raise the upper leg up towards the sky, driving the knee but keeping feet touching. Repeat for 5-10 reps.



## Side-lying Hip Abduction

Begin by lying on your side, with the band placed above the knees. Raise the upper leg up towards the sky, keeping legs straight. Repeat for 5-10 reps.



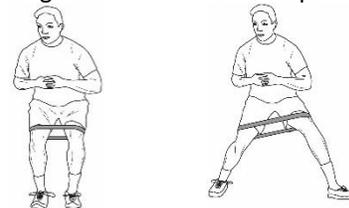
## Squat Walks

Begin in a squat position, with the band placed above the knees. With lead foot, take a step forward, while maintaining the squat position. Repeat by alternating steps forward for 10-20 steps.



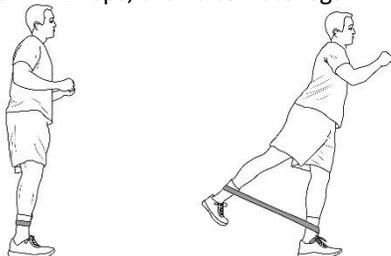
## Monster Walks

Begin in a squat position, with the band placed above the knees. With lead foot, take a step diagonally outward/forward, while maintaining the squat position. Step with back leg to return to starting squat position. Repeat this motion, alternating lead foot for 10-20 steps.



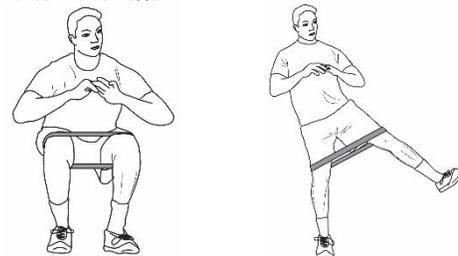
## Standing Hip Extension

Begin in a standing position, with the band placed above the ankles. While keeping legs straight, drive one leg backwards driving the heel to the sky, and return in to starting position. Continue this for 7-12 reps, then alternate legs.



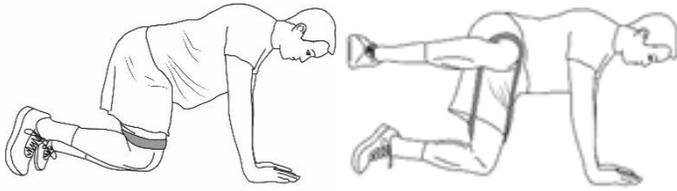
## Squat to Sidekick

Begin in a standing position, with the band placed above the knees. Perform a squat, and while returning to the standing position, extend one leg outward. Continue this for 7-12 reps, then alternate legs.



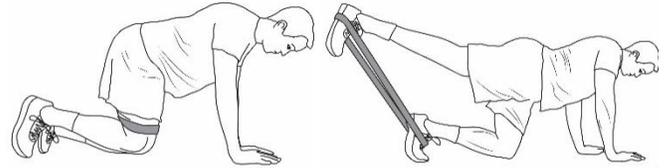
### Fire Hydrants

Begin by kneeling on the ground in a “tabletop” position, with the band placed above the knees. Raise one leg up outward towards the sky, driving the knee so that it is perpendicular with the other leg. Repeat this for 7-12 reps, then alternate legs.



### Four Point Leg Extension

Begin by kneeling on the ground in a “tabletop” position, with the band placed above the knees. Raise one leg up driving the heel towards the sky, and keeping it parallel with the other leg. Repeat this for 7-12 reps, then alternate legs.



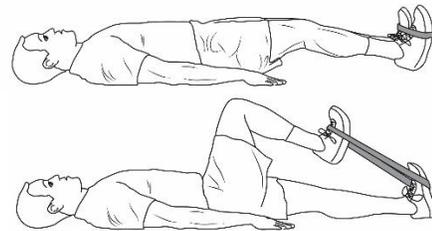
### High Knee Walks

Begin in a standing position, with the band placed above the knees. Walking forward, alternate driving knees to the sky, lifting the knee to waist height. Continue this for 15-20 steps.



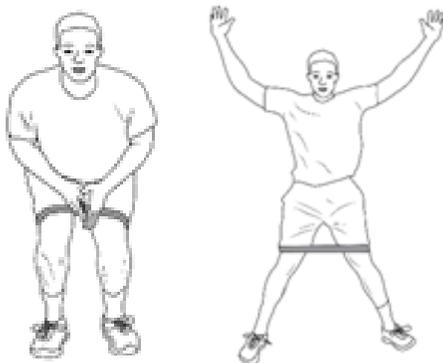
### Lying Hip Flexor

Begin by lying on your back, with the band placed around feet. Drive one knee towards the sky, bending knee until it is perpendicular to the waist. Repeat for 5-10 reps, then alternate legs.



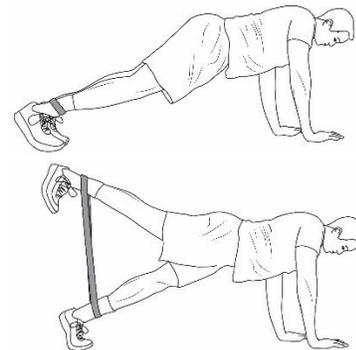
### Star Jumps

Begin in a standing position, with the band placed above the knees. Perform a squat, and explode upwards out of the squat extending legs and arms outward making a “star” position. Continue this for 10-15 reps.



### Plank Leg Extension

Begin in the push-up position, with the band placed above the ankles. Drive one heel towards the sky, Keeping legs straight throughout the entire motion. Repeat for 7-12 reps, then alternate legs.



### Safety Warning

Ensure that the bands aren't ever aligned with your face or head, and avoid exercises that involve stretching the resistance bands in such a fashion that they may snap toward the head causing injury to the head or eyes. Not intended for young children. This item must be used responsibly and appropriately. Do not use if allergic to latex or cotton. Ensure that the bands can be removed easily yourself. Remove immediately and stop exercise if you experience any pain or discomfort. Always consult your physician before starting an exercise program. Use of products described in this manual can cause serious injury when used incorrectly. If you experience sharp pain, shortness of breath, dizziness or lightheadedness with any of these exercises, stop immediately and contact your healthcare provider. If experiencing pain, do not continue exercise and consult a physician. Do not overstretch resistance bands as they will break if overstretched.

