

Action Guide



1 Lateral walking

Stand with your head facing forward and your chest held up and out. Place your feet shoulder-width apart or slightly wider. Extend your hands straight out in front of you to help keep your balance. You can also bend the elbows or clasp the fingers.

2 Standing side kicking

Lift your toes slightly upwards. Moving only your working leg, swing your foot out sideways like a pendulum, hinging at the hip. Lift your foot to about 45 degrees or wherever is comfortable. Slowly lower back to the starting position, keeping tension on the band or cable (if applicable). Complete the desired number of reps, then switch sides and repeat for the other leg.



3 Side lying



Lie on your side on the floor, bring the legs to 45 degrees in front, maintaining a 90 degree angle in the knees. Place one hand on your hip and keep your heels together.



4 Yoga ball training

Place your right hand on the floor and open your legs 45 degrees. Place one hand on your hips and keep your heels together. Use your gluteus maximus to move your hips away from your waist. Lift your left leg up and bring your legs together.

5 Kneeling side kicking



Getting on all fours with right leg extended long, making sure that your arms are aligned with your shoulders.



6 Kneeling and back-kicking

Lift and extend one leg up and outward, similar to an 'L' shape. Keep your back as straight as possible as you kick your leg up. Slowly lower and repeat for desired number of reps. Make sure to keep abs tight and back straight.

7 Supine



Lift your hips up until they align with your shoulders and knees. From the top position, lower your hips back to the floor and repeat the movement. Try to focus on lifting your hips using your hips, hamstrings and lower back muscles rather than your quads on the front of your thighs.



8 Hip bridge

Lay down with your back on the floor, then draw your feet in towards your hips, feet flat to the floor, shins vertical. Rest your arms on the floor at your sides.



9 Squat

Sit back and down like you're sitting into an imaginary chair. Keep your head facing forward as your upper body bends forward a bit. Rather than allowing your back to round, let your lower back arch slightly as you

descend. Lower down so your thighs are as parallel to the floor as possible, with your knees over your ankles. Press your weight back into your heels. Keep your body tight, and push through your heels to bring yourself back to the starting position.

20 Minutes a Day.

Resistance Bands help you focus on five key target areas. just 20 minutes a day and you'll see results in 30 days!

ABS **Glutes** **Quads** **Calves** **Hamstrings**



The resistance band is light and small and easy to carry. You can exercise anywhere. Home, gym, outdoor, etc.

CARE INSTRUCTIONS

- Wash by hands in cold water
- Do not use bleach or fabric softener
- Rinse thoroughly and dry
- Before storage please clean and dry thoroughly
- fold neatly
- put in a cool and dry place with good ventilation

Hip Resistance Bands



you can train your Legs, Ankles, Hips, Back, Arms and Shoulders with the resistance bands. Great choice for exercisers!

CE RoHS