



Workout of the Day

Lower Body: Resistance Band

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- For this workout you will need a mini resistance band.
- You can make your own mini band by using resistance tubing with handles, therapy tubing, panty hose or bungee cord. Tie the ends of your chosen accessory to make a loop.
- To make band heavier, make the loop of your band smaller.



Upper Body: Resistance Band Workout

- Super set two exercises
- Complete each exercise for 15-20 reps for 2-3 sets, with no breaks
- Break for 1 minute after you have completed 2-3 sets
- Then move to the next super set

Lower Body: Resistance Band

Set 1

- Squat with Mini Band
- Leg Extension with Mini Band

Set 2

- Forward / Backward Crab Walk with Mini Band
- Kick Backs with Mini Band

Set 3

- Side Step Squats with Mini Band
- Triplanar Toe Taps with Mini Band

Set 4

- Seated Abductors with Mini Band
- Jumping Jacks with Mini Band

Set 5

- Squat Jumps with Mini Band
- Stand Hamstring Curl with Mini Band

Set 6

- Bridge Lifts with Mini Band
- Bridge Lift Openers With Mini Band

Squat with Mini Band

- Place the band around your knees and stand with your feet hip to shoulder width apart. Create tension on the band.
- Squat down maintaining tension on the band until you reach 90°, ensure you are pushing your knees outwards against the band. Only squat down as far as is comfortable for you to do so. Avoid using an excessive range of motion.
- Pause at the bottom of the squat and then return to the start position.



Leg Extension with Mini Band

- Place a mini band around your ankles and sit on a bench/coffee table with your knees at 90°, chest up and trunk engaged.
- Place your hands on the bench for support and then keeping one leg fixed on the floor, extend the other leg out in front of you.
- Pause at the top of the movement and then lower your leg down under control and repeat.
- Complete exercise on one side then move to the other leg



Forward / Backward Crab Walk with Mini Band

- Place the band around your ankles and stand with your feet hip width apart. There should be tension on the band and a slight bend at the knee.
- Take 10-20 small steps forward maintaining a tight trunk and upright posture throughout.
- Stay facing the same way and take small steps backwards to return to the start



Kick Backs with Mini Band



- Place the band around your ankles. Higher up on your leg will make the movement a bit easier. Face a wall, chair or anything you can use to slightly balance with.
- Stand with a soft knee while you lift the other foot off the ground and kick it behind you. Keep the leg fairly straight and flex your foot so you are driving the heel back into the wall behind you. Squeeze your glute as you lift.
- Height doesn't matter. Just focus on squeezing your glute and keeping your core tight.

Side Steps Squats with Mini Band

- Place the band around your ankles. Higher up on your leg will make the movement a bit easier. Separate your feet to shoulder-width. Place a slight bend in the knees while you keep your chest up.
- Slowly step to the side with the right foot. Your stance should be well outside of shoulder-width.
- Pause then step with the left foot in the same direction as the right. Keep stepping out with the right until the set is complete then switch sides.



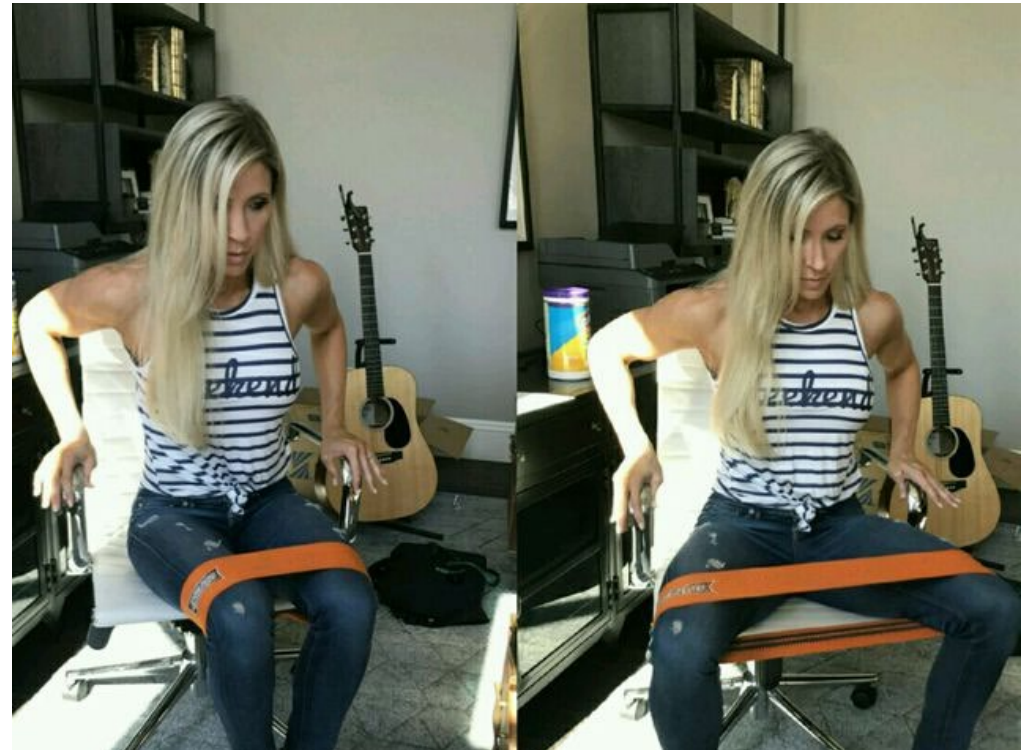
Triplanar Toe Taps with Mini Band

- Place a band directly above the knees and shift into a single-leg, quarter-squat position.
- While balancing on the standing leg, tap the alternate leg forward, to the side and directly behind you.
- Drop into a deeper squat with the standing leg to make it more challenging.
- Complete exercise with one leg then move to the next.



Seated Abductors with Mini Band

- Sit with a band around knees /thighs.
- Open legs slowly. Hold. Release slowly. Repeat.



Jumping Jacks with Mini Band

- Place a small resistance band around your ankles and stand with your feet shoulder-width apart.
- Perform a jumping jack kick with your legs as far out to the side as you can, bringing your arms up over your head.
- Return to the starting position in a smooth motion



Squat Jumps with Mini Band

- Place the resistance mini band around your thighs right above your knees. Stand with your feet slightly wider than hip wide.
- Perform a bodyweight squat. From the lowest squat position, jump up explosively and extend your legs, using your arms to gain momentum.



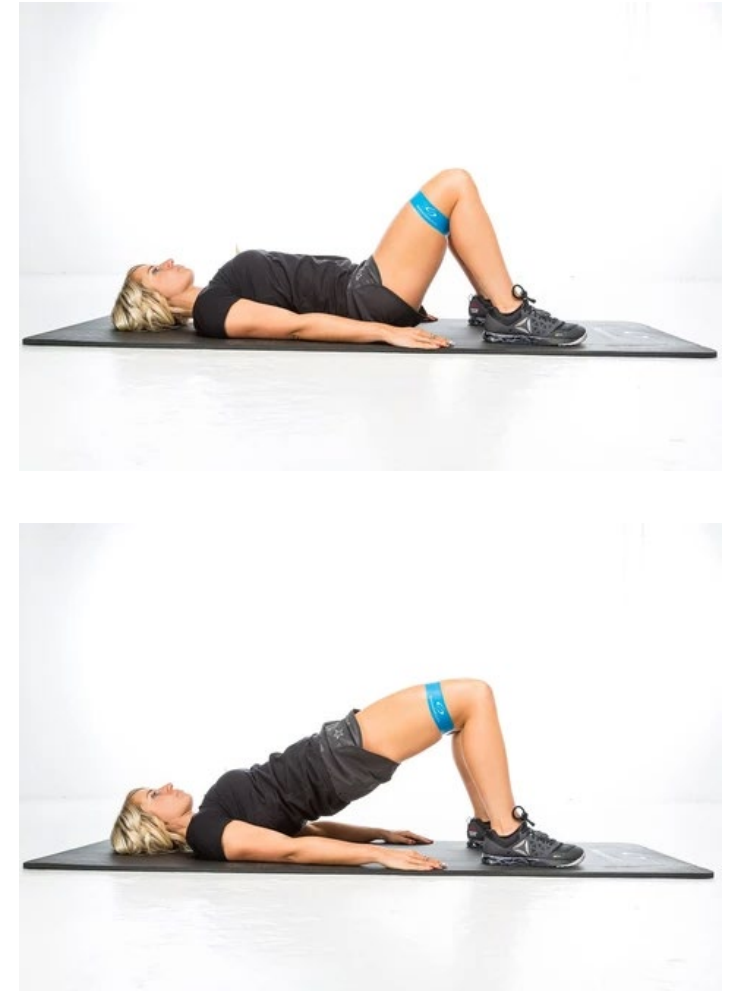
Stand Hamstring Curl with Mini Band

- Place the band on the floor and place one foot inside. Place the top of the band around your other ankle. The band should now be fixed around the back of your ankle.
- Keep your knees together and raise your heel up towards your glutes.
- Pause at the top of the movement and then lower your ankle down under control and repeat.
- Complete exercise on one side then move to the other leg



Bridge Lifts with Mini Band

- Lie on your back with your feet in sit up position. Wrap the band around your knees. Your feet should be hip width apart with tension on the band.
- Raise your hips off the floor until your hips are fully extended. Your knees should remain level throughout the movement.
- Pause at the top of the movement and squeeze your glutes, then lower your hips down under control and repeat



Bridge Lift Openers With Mini Band

- Lift your hips off the ground while keeping your toes pointed forward.
- Open and close your knees together. When closing your knees, leave some tension in the band (don't close your legs all the way so the band doesn't get loose).
- Try to keep your hips as centered as possible without dipping from side to side. Don't let your hips drop.

