

Workout of the Day

Resistance Band: Booty Day!

Booty Day!

- You will require a mini band or booty band and a timer.
- You can make your own band by tying the ends of a resistance band, tubing, or bungee cord.

Warm up:

- 15 repetitions of each exercise, feel free to complete the warm-up twice

Workout:

- Complete each exercise in the set for 30-45 seconds.
- If you are required to do the exercise on each leg individually, complete the exercise for 30-45 seconds on one side before moving to the other.
- Aim to complete each set 2-3 times through.

Booty Day!

Warm-up

15 Banded Squats with Pulse

15 Good Mornings

15 Banded Sumo Squat with pulse

15 Banded Jump Squats

Set 1

- Donkey Kicks
- Plank Leg Lifts
- Plank Toe Taps

Set 2

- Squat Toe Taps
- Lateral Side Steps
- Curtsy Taps

Set 3

- Hip thrusters
- Squat Side Lifts
- Standing Glute Kickbacks

Set 4

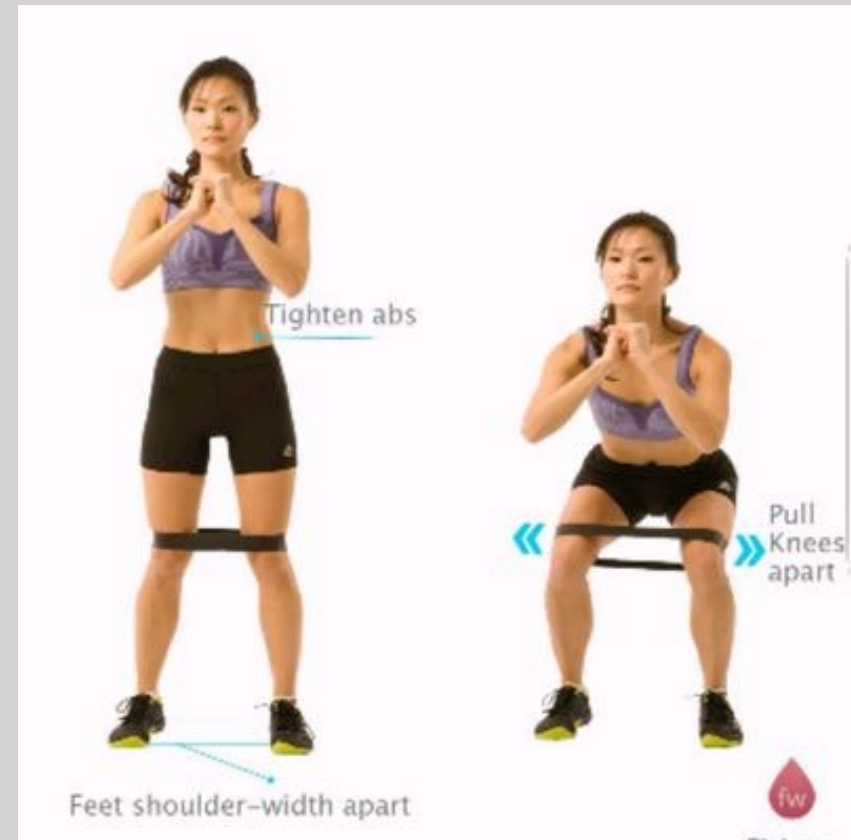
- Lying Abductor Lift
- Side Leg Circles
- Side Lying Kicks

Set 5

- Glute Bridge Hold
- Clams
- Bridge Pulses

Banded Squats with Pulse

- Start with your feet hip-width apart and arms stretched out in front of you.
- Perform a squat as you normally would, dropping down towards the ground with your butt pushed back and knees never over your toes.
- Pretend like you are sitting in a chair.
- Hold the squat position at the bottom as you pulse a few inches up and down.
- Do 3-5 pulses and then return to the first position. Repeat



Good Mornings

- Stand with your feet hip-width apart, and place your hands at the back of your head with your elbows opened wide.
- Pull your abs to your spine, and keep your back neutral while pressing your butt backward, hinging at the hips, until your back is almost parallel to the floor. Keep a slight bend in your knees as you bend forward.
- Return to standing, squeezing your glutes when you are upright. This completes one rep.



Banded Sumo Squat with Pulse

- With a resistance band looped around your upper thighs, plant both feet on the floor further than hip-width apart. Point both feet slightly outward. This is your starting position.
- Inhale. Looking straight ahead, bend at both the hips and knees, ensuring that your knees remain in line with your toes. Continue bending your knees until your upper legs are parallel with the floor. Ensure that your back remains within a 45- to 90-degree angle to your hips. This is called full sumo squat position.
- Push through your heels and extend your legs slightly. Bend your knees to return to full sumo squat position.
- Exhale. Push through your heels and extend your legs to return to the starting position.
- Repeat



Banded Jump Squats

- Adjust the band to cover the middle of your thigh.
- Squat towards the ground keeping parallel to the floor.
- Lower slightly and then jump straight up for maximum height. Focusing on keeping outward tension on the band.
- Land on balls of feet to minimize the impact.
- Repeat



Donkey Kicks

- With a resistance band looped around your upper thighs, start on all fours on a yoga mat. Ensure that your knees are below your hips and your hands are below your shoulders. Set your spine in a neutral position and draw your shoulder blades down and back.
- Keeping your knee bent, release and elevate your right leg until your thigh is in line with your spine, ensuring that your foot remains flexed.
- Inhale. Lower your right leg to return to the starting position, but without resting your knee on the mat.
- Complete repetitions on the same side, before repeating repetitions on the other side.



Plank Leg Lifts



- Place your mini exercise band around your thighs (just above the knee), and get into the plank position with your feet shoulder-width apart
- Lift your right leg, keeping your leg straight, as high as you can
- Lower your right leg, and repeat the motion. Switch sides and repeat!

Plank Toe Taps

- Begin in plank position with your hands directly below your shoulders and your core engaged.
- Extend one leg to the side, tap the floor and return to start position.
- Alternate sides with each rep.



Squat Toe Taps

- With your toes pointing forward and the band around your mid-thighs, sit back into a squat. Tap the left leg out to the side.
- Come back to the center, and stand upright.
- Lower back down into a squat, and tap the left toe out to the side again.
- Repeat repetitions on one leg then repeat on the other



Banded Lateral Side Steps

- Stand with your feet shoulder-width apart and bend your knees
- Place your mini loop band just above your ankles
- Step out to the right, followed by your left, and shuffle along so you're still feeling the resistance
- After steps to the right, switch to stepping out to the left.



Curtsy Taps

- Place your right leg behind your left and bend your knees, executing a deep curtsy lunge.
- Straighten your legs and tap your right toe out the side, creating as much resistance with the band as possible. Then bring your right leg back to the original curtsy lunge position and repeat.
- Take a 15 second break and do this on the other side.



Hip Thrusters

- Place a mini band around your knees and sit on the floor with your shoulders resting on a bench behind you. Your knees should be hip distance apart.
- Rest your arms across the bench and raise your hips off the floor until they are fully extended.
- Pause at the top of the movement and then lower your ankle down under control and repeat



Squat Side Lifts

- Stand with your feet slightly wider than hip-distance apart and bend your knees to come into a squat position.
- As you extend your knees to standing, lift your right leg off the ground and out to the side (slightly behind your left leg). Place your foot back on the ground as you bend into the squat again.
- Continue doing this for 30-45 seconds, then rest for 15 seconds before switching to the other side.



Standing Glute Kickbacks

- Place a resistance band around your ankles and stand with your feet hip-distance apart.
- Tightening your glutes and tucking your pelvis in, kick your left leg out behind you until the band is tight. Pause at the top before bringing your left foot back to the starting position.
- Continue for desired reps before switching sides.



Lying Abductor Lift



- Lie on your left side with your legs straight
- Place your mini precision loop band right above your ankles
- Lift your right leg, keeping the leg straight
- Lower your right leg, and repeat the motion. Switch sides and repeat!

Side Leg Circles

- Lie on your side with one leg on top of the other. Bend at your hips so your legs and torso form a slight angle.
- Raise your left leg, make circles clockwise and then anti-clockwise.
- Swap legs.



Side Lying Kicks

- Start laying on side, supporting head with bent arm, legs extended slightly forward and bent at a small diagonal. Lift and straighten top leg, bringing it in line with spine and lifted at hip height. Bring leg forward 45 degrees, flexing toes.
- Bring leg back in line with the spine, pointing toes.



Glute Bridge Hold

- Place your mini band just above your knees, and lie on your back with your knees bent
- Lift your hips, squeeze those glutes, and hold
- Lower your hips and repeat the motion



Clams

- With a resistance band looped around your lower thighs, lay on your left side with your arm extended along the mat and your head relaxed on your arm. Bend both knees and draw them forward slightly to bring your feet in line with your glutes, ensuring that your hips are stacked and that you maintain a small gap between your waist and the floor. This is your starting position.
- Inhale.
- Exhale. Keeping your feet together, activate your right glute to elevate your right knee towards the ceiling, ensuring that you maintain the gap between your waist and the floor.
- Inhale. Lower your right knee to return to the starting position.
- Complete repetitions on the one side before completing repetitions on the other side.



Bridge Pulses

- Start laying on back and thread both feet through the band. Place the band above the knees on the outside of thighs. Bend knees, bring feet flat on floor, wider than hip-width distance apart, until knees and ankles are in line.
- Lift pelvis up to bridge position and then drop tailbone down, as if sitting in a chair.
- Lift right back up to the bridge, pressing out on the band the whole time.
- Keep the movement isolated by flexing and extending at your hips. Lower and lift for one set then lower pelvis back down to the floor.

