

# HIP BAND

## EXERCISE GUIDE

- Warm up for 3-5 minutes before each session.
- Complete 1-3 sets of 8-12 repetitions of each exercise selected.
- Rest approximately 30-60 seconds between each exercise set.
- Perform each exercise in a controlled manner, through a full range of motion.
- When applicable, perform an equal number of exercise repetitions with each leg to avoid the development of muscle imbalances.
- Perform each exercise a minimum of 3 times per week for maximum results.
- If unable to complete 8 exercise repetitions through a full range of motion, increase rest time between exercise sets or decrease repetitions. Or if unable

to achieve moderate to maximal muscular fatigue following the completion of 12 exercise repetitions through a full range of motion, decrease rest time between exercise sets or increase repetitions.

- Allow 24-48 hours of complete rest between each exercise session.

**BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, YOU SHOULD ALWAYS CONSULT WITH YOUR DOCTOR OR PHYSICIAN.**

### BRIDGE



**START:** Lie on back. Secure band around both legs just above knees and bend knees. Extend arms along sides of body and keep feet, hips, trunk and shoulders flat on the floor.



**FINISH:** Slowly lift hips and glutes upward until knees, hips and shoulders are aligned. Keep back straight, feet flat on floor, and head and shoulders stationary on the floor. Hold 1-2 seconds and return to start position.

### OUTER LEG LIFT



**START:** Secure band around both legs just above knees and straighten knees. Lie on side and roll onto hip of non-exercise leg. Bend arms and position elbow of bottom arm directly below shoulder and hand of top arm on floor in front of hip.



**FINISH:** Keeping your core engaged and foot flexed, slowly lift the top leg upward. Hold for 1-2 seconds and then lower back to start position.

### UPWARD LEG RAISE



**START:** Secure band around both legs just above knees. Kneel on floor with palms flat, back parallel to floor and head up.



**FINISH:** Keeping knee bent, slowly lift exercising leg up and back above hip. Keep head up and palms flat on floor. Hold 1-2 seconds and return to start position.

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### SQUATS



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



**FINISH:** 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



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



**FINISH:** 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



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



**FINISH:** 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.

### LUNGES



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



**FINISH:** 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.