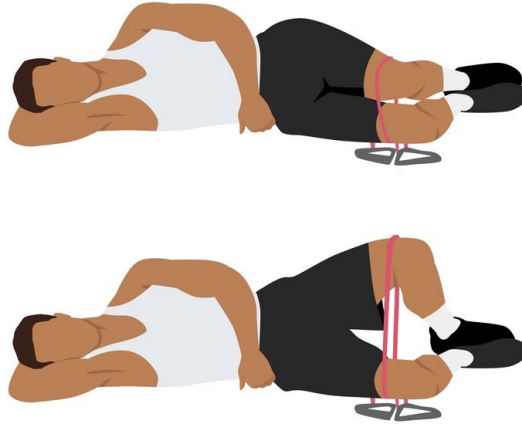


Resistance Band Clamshell



Resistance Band Clamshell Instructions:

1. Lie on your side with your knees slightly bent, one leg on top of the other, and place a resistance band around both thighs.
2. Keep your feet together and lift your top knee.
3. Lower your knee back to the initial position, repeat, and then switch sides.

Proper Form and Breathing Pattern:

- Keep your upper body stable and relaxed, maintain your spine neutral and tighten the core. Exhale as you rotate your upper hip and lift the knee. Inhale as you lower your leg back to the starting position.
- GOAL: 3 Sets of 40 Reps

Exercise Benefits:

- The resistance band clamshell is a modified version of the clamshell exercise that targets the outer thighs and glutes and strengthens the hips. This move also helps to stabilize the pelvic muscles and tones the thighs.