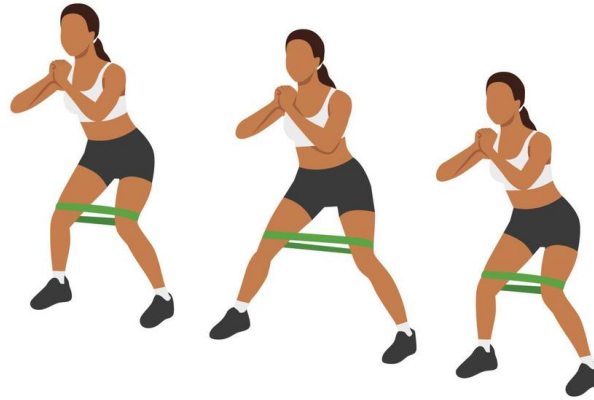


Lateral Band Walk



Instructions:

1. Place a resistance band right above your knees and stand with your feet hip-width apart.
2. Squat down into an athletic stance and take a step to the left.
3. Keep taking small steps to the left and then repeat on the right side.

Proper Form and Breathing Pattern:

- Stay low throughout the movement. Keep your head, neck and spine neutral and fully engage your glutes. Step your feet from hip-width apart to shoulder-width apart and breathe deeply, with a smooth and steady rhythm.
- GOAL: 3 sets of 10 reps (20 steps, 10 each direction)

Exercise Benefits:

- The lateral band walk is a great to work your glutes, hips and thighs. This exercise strengthens the gluteus maximus, medius and minimus, helps to stabilize your knees and hips, and prevents injury.