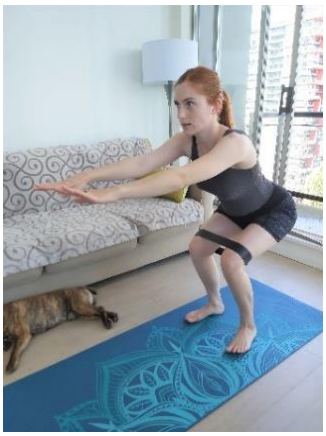
Mini Band Workout #1

**Consult your physician before beginning an exercise program*

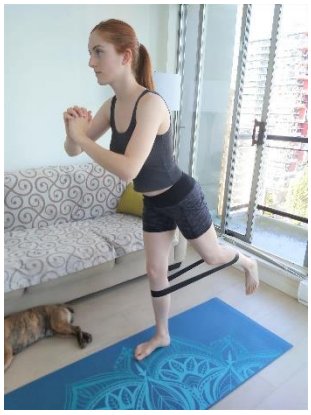
Mini bands are an inexpensive tool that do not take up much space. The bands are available in different widths which create different levels of resistance. We like this thick black band purchased for less than $5 on-line. Usually we recommend wearing running shoes when exercising but this mini band workout was done right after a yoga session on a brand new mat, thus the bare feet.



Squats

With the band just above your knees, keep feet shoulder width apart and weight shifted towards your heels, go as low as comfortable keeping chest high and squeeze your gluteal muscles as you rise. Repeat 15 to 20x

Standing Rear Leg Extension



With the band just below the knees, engage core and balance on one leg as you raise the other one up and down behind you, repeat 15x then change legs. For a more advanced version - raise the leg and hold with 3 little pulses, then lower. If you can not balance just do the exercise with hand on a wall or holding a countertop.

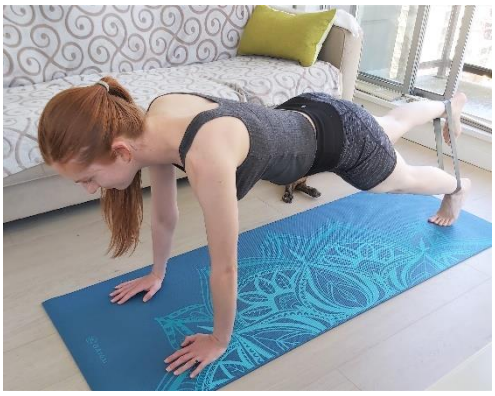
Bridge Lifts

With the band above the knees, lift to a bridge position, hold your core engaged and press your knees open and bring back to bridge position, lower hips back to the floor. Repeat the sequence (lift, hold, open and close knees, lower) 15 to 20x

Plank Kick Backs

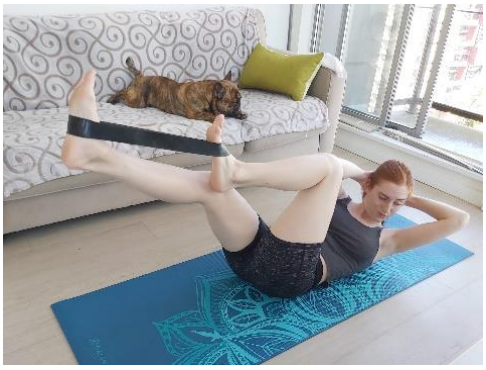
- Place your mini exercise band around your thighs (just above the knee), and get into the plank position with your feet shoulder-width apart
- Lift your right leg, keeping your leg straight, as high as you can
- Lower your right leg and repeat the motion 8-12x. Switch sides.

Plank Leg Lift



- Start in a full plank position if you can, from knees if you can not.
- With the band around your ankles, engage your core and lift one leg up. Keep your head up, in line with your spine.,
- Alternate legs with slow, deliberate straight leg lifts to failure. Aim for 8-12 reps on each leg.
- After a 30 second rest, do a set of push-ups.
- Repeat the two exercises 2 or 3 more times.

Slow Bicycle



- With shoes on or off, place the band around your feet.
- Alternate bringing your elbow to touch your opposite knee as slowly as possible
- The lower you bring your straight leg, and the longer you pause on each repetition, the more difficult the exercise.
- Pause on each crossover if you can. 8-10 reps each side
- This exercise is challenging so work your way up to more repetitions.

Remember even a core workout should include a warm-up prior and a stretch after.