

Mini Band Workout #2

**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. Warm up with a few squats and walking lunges. Try 15 repetitions of each exercise and work up to 3 sets/rounds.



Side taps

Good warmup exercise. 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 stay low and alternate side taps.

Jumping Jacks

With the band just above the knees in a small squat position jump in and out, landing softly.



Good Mornings



With fingertips behind ears and elbows wide apart, keep back straight while slowly bending over and returning to standing. Keep legs straight but knees soft (not locked).





Lunge to Leg Extensions

With the band just below or above the knees, engage core and stand in a stationary lunge position. As you rise from the lunge extend the rear leg up while keeping your hips squared. Squeeze glutes at the top of the motion and repeat 15x on one leg. Switch legs.



Wide Squat Pulse with Abduction

Drop to a low squat and pulse 4x, stay low and press knees open and pulse pressing out for 4x. Stand up and repeat. The farther your legs are apart the harder the exercise so bring your feet closer together to decrease intensity.

Squat to Plyometric Jump



Squat low, power jump as high as you can!

Yoga Poses work with bands too!



Increase intensity by adding band