

# Fitness Band Exercises



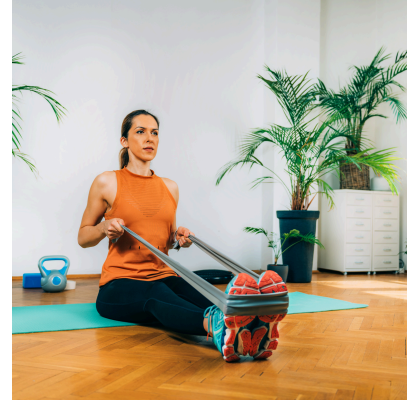
## BANDED GLUTE BRIDGES (LYING DOWN)

1. Place a resistance band just above your knees.
2. Lie on your back with your feet flat on the ground, hip-width apart, and knees bent.
3. Engage your core and press through your heels to lift your hips toward the ceiling.
4. Squeeze your glutes at the top and hold for a second before lowering your hips back to the ground.
5. Repeat for 12-15 repetitions.



## BANDED SQUATS (STANDING)

1. Place the band just above your knees.
2. Stand with your feet shoulder-width apart.
3. Lower into a squat position, pushing your knees outward against the band.
4. Return to the starting position and repeat for 12-15 repetitions.



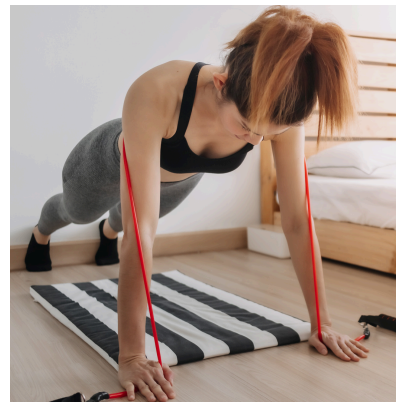
## BANDED ROWS (SITTING)

1. Sit on the floor with your legs extended straight out in front of you and place the center of the band around the soles of your feet.
2. Hold the ends of the band in each hand, palms facing each other.
3. Sit up straight with your back tall and core engaged.
4. Extend your arms fully in front of you, keeping a slight bend in your elbows.
5. Pull the band towards your torso, leading with your elbows and squeezing your shoulder blades together.
6. Pause briefly when your hands reach your sides, then slowly return to the starting position.
7. Repeat for 12-15 repetitions.



## BANDED LATERAL WALKS (STANDING)

1. Place the band around your legs just above your knees.
2. Bend your knees slightly and lower into a half-squat position.
3. Step to the side with one foot, followed by the other foot, keeping tension on the band.
4. Take 10-15 steps in one direction, then repeat in the opposite direction.



## BANDED PUSH-UPS (FLOOR)

1. Place the band around your upper back and hold the ends in each hand.
2. Assume a push-up position with your hands shoulder-width apart and feet together.
3. Lower your chest to the ground, keeping the band tight.
4. Push back up to the starting position and repeat for 10-12 repetitions.