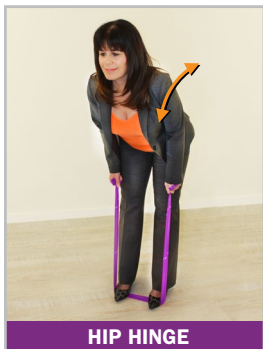




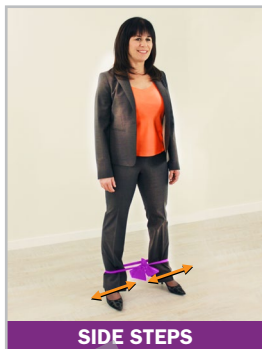
SQUATS

Place feet hip distance apart in middle of band. Point knees & feet forward. Wrap band around hands & keeping back straight lower body into a squat. Slowly return to standing position. Repeat 10 times.



HIP HINGE

Place both feet in middle of band & wrap band around hands. Bend down until hands are knee height. Keeping back & arms straight, slowly return to upright position working against tension in band. Repeat 10 times.



SIDE STEPS

Tie band in a knot and wrap around ankles. Stand tall with straight back. Take 3 steps to one side working against the resistance of the band. Take 3 steps to other side. Repeat twice.

LEG RAISES



FRONT

Tie band in a knot and wrap around ankles. Stand tall with straight back. Raise leg in front & keep foot flexed. Make sure there is tension in band throughout exercise. Repeat 10 times then switch legs.



SIDE

Keep band tied and wrapped around ankles. Stand tall with straight back. Raise leg to the side & keep foot flexed facing forward. Make sure there is tension in band throughout exercise. Repeat 10 times then switch legs.



BACK

Keep band tied and wrapped around ankles. Stand tall with straight back. Raise leg behind & keep foot flexed. Make sure there is tension in band throughout exercise. Repeat 10 times then switch legs.

All exercises are done at your own risk

info@x-bytes.com www.x-bytes.com 1-855-8xbytes [@Xbytes](https://twitter.com/Xbytes)