bodybykatiam

Resistance Band - Glutes Activation



1. Hip Raise
Back on the floor . Place the resistance band above your knees. Push your hips up and open wide the knees.
Keep the core and the glutes tight. Slowly bring the hips back on the floor. Now bring both legs up together and open the knees wide out again. Feel the resistance in the thighs. Slowly bring the knees back together and back to its starting position.
(x 15 reps)





6. Donkey Kickbacks
Start with the band a little above your knee level. Place the resistance band above the knees.
Get on all fours, knees on the ground.
It is a two-step workout. Start by bringing one leg outwards on the side, like you are opening the knees. Bring it back to its starting position then take the leg back by kicking outwards and bring it back in.
This was one complete rep. Repeat the same with the other leg.
(x 15 reps each side)

2. Knee Twist
Put the resistance band stretched out under the sole of your shoes. Back is straight up. Bring up the left knee to your right elbow and step backwards while doing this move and twist your chest. Do the same with the other knee while moving backwards.
(x 15 reps each side)

3. Walking Side Steps
Place the band around the ankles or above the knees. (on place two bands at those areas) Feet shoulder width apart. Now walk 3 steps in a low squat position. Make sure your knees do not pass your toes . Move 3 low sqats steps to the right and then 3 low squat steps to your left.
(x 5 reps each side)

4. Lateral Jumps
Start from a standing position. The resistance band above the knees. Jump on the side as hard as you can, landing on the leading leg and crossing the other leg behind you tapping the toe on the ground. Immediately jump back the other direction. Keep low the whole time and make sure to jump sideways and not up.



5. Side Leg Raise
Start on the side, like on a side plank position. Place the resistance band above the knees. Place the other hand on your hip. Now push from your core and lift the leg out stretched and bring it back in.
(x 15 reps each side)

7. Spider Crunch
Start in a high plank position. Hands aligned with your shoulders. The band at the ankles level. At alternative times, bring in the left knee to the left elbow and back out. Now repeat with the right knee. Keep the core tight throught.
(x 15 reps each side)



8. High Plank
Get in a high plank position. Place the resistance band at ankles level. Now alternatively, bring each leg out by tapping the foot outwards.
Stretch the band outward as far as possible and back in.
(x 15 reps each side)



10. Kickbacks
Stand up position. Place the band first around your ankle. With one foot, bring the band in the sole of your shoe. Feel the resistance. Now kickback with all your strength and bring the foot back in. Repeat with the other foot.
(x 15 each side)



9. High Plank Jumping Jacks
Stat in a high plank position with the resistance band at the ankles level. Keep your core tight and try not to move too much the hips. Power from core and arms, now jump with your feet in and out. You just completed one rep.
(x 15 reps)

Do 3 rounds of the Resistance Band workout program.
After each round, go directly into a minute of "Mountain Climbers"
and rest for 1 minute before starting the next round.
Equipment needed: An exercise mat, and 1 or 2 resistance bands.

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