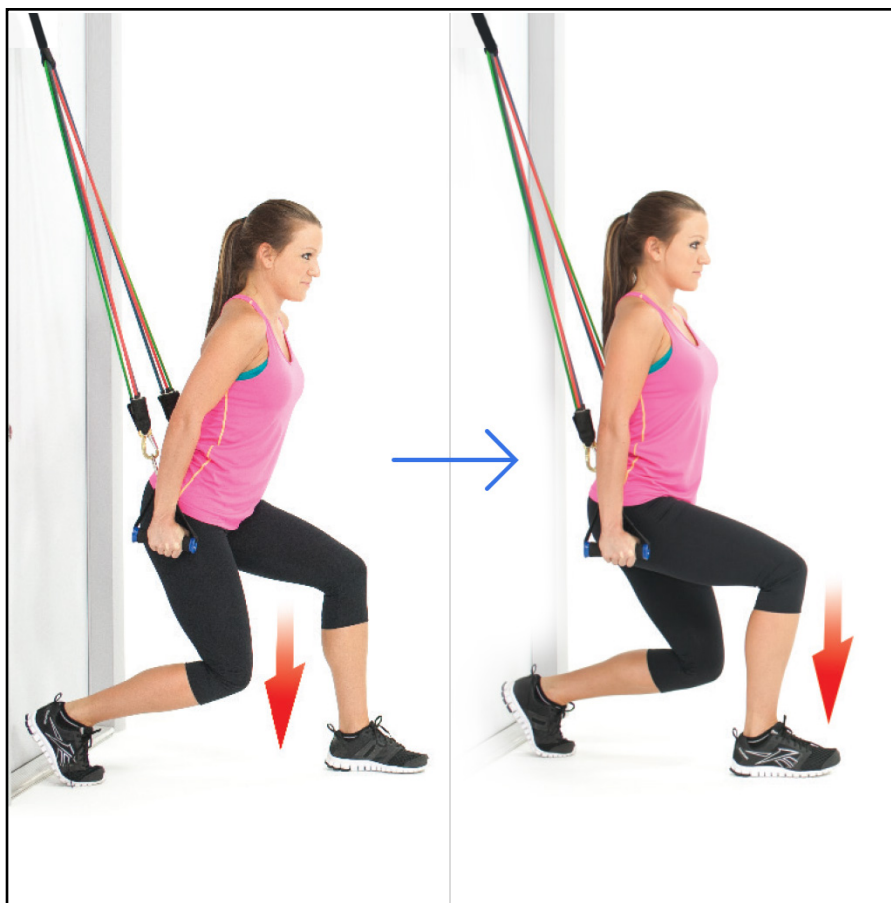


## Assisted Mary Catherines With Bands

Area Targeted: Thighs & Butt



**FIND THIS EXERCISE ON YOUTUBE:** <https://www.youtube.com/watch?v=V3y5vHhWXjl>

### INSTRUCTIONS:

#### SET UP:

**Anchor:** Secure the band(s) to the door with the door anchor at the top of the door.

**Bands:** Attach each end of the band(s) to a handle.

**Body Positioning:** Grip a handle in each hand and stand close to the door with your back to the door. Move your legs into a lunge stance with one leg in front. The heel on your back leg should be almost touching the door. Straighten your arms and point them down with the palm of each hand secured at your hips.

#### MOVEMENT:

Lower your body straight down until your back knee almost hits the floor. Then raise your body up to the starting position with slight hop off the floor and switch the position of your legs in mid air. Now lower your body straight down again. Repeat the entire process.

#### POINTS TO REMEMBER:

1. Do not bend your arms, keep them straight with your hands by your hips.
2. Keep your chest up, head straight and back straight.
3. Keep your front knee tracking over your toes.