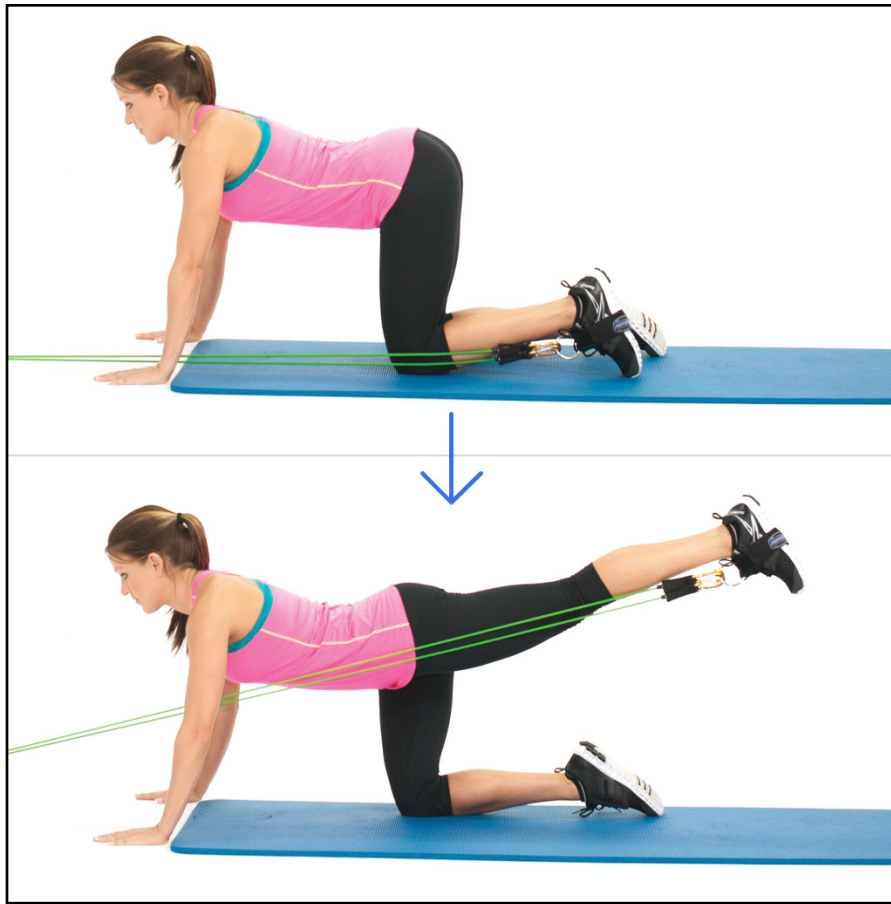


Donkey Kicks With Bands

Area Targeted: Butt (Gluteus Maximus)



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=kBOg-WzI2d0>

INSTRUCTIONS:

SET UP:

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

Bands: Attach both ends of the band(s) to one ankle strap.

Body Positioning: Secure the ankle strap around one foot (with the ring on the top), and get down on your hands and knees 4 to 5 feet away from the door, while facing the door. Now position your body so that your active leg is directly in front of the door anchor with the band to the outside of your leg.

MOVEMENT:

Push your active leg back and slightly up until it is totally straight, and parallel with the floor.

POINTS TO REMEMBER:

1. Try to push your leg back from your heel.
2. Squeeze your buttocks at the end of the movement.