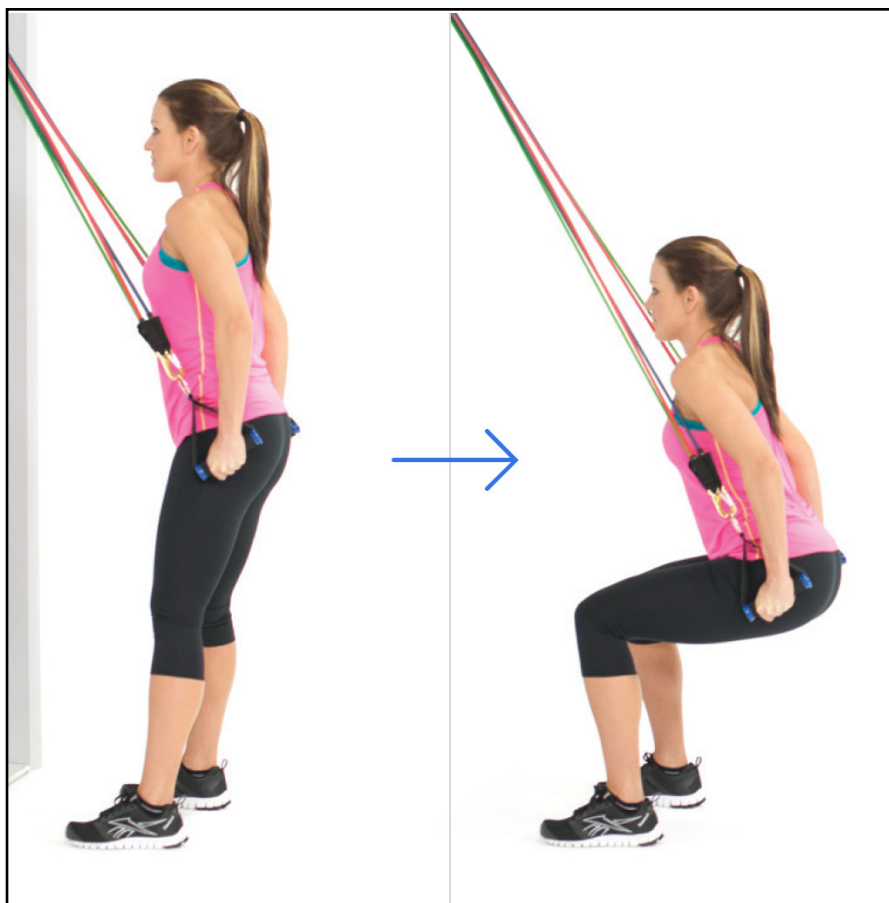


Repel Squat With Bands

Area Targeted: Thighs & Butt



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

INSTRUCTIONS:

SET UP:

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

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

Body Positioning: Grip a handle in each hand and stand close to the door, facing the door. Stand up tall with your back straight, chest up and feet hips width apart. Straighten your arms and point them down with the palm of each hand secured at your hips.

MOVEMENT:

Squat back and down as if you were sitting in a chair. When your thighs are parallel with the floor, explosively stand up, and use the resistance to help lift you off the ground for a small hop. Repeat.

POINTS TO REMEMBER:

1. Keep your chest up and back straight throughout the movement.
2. Press off your heels as you stand up.