

Side Squat With Bands

Area Targeted: Thighs & Butt



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=SNxjpP9gUIM>

INSTRUCTIONS:

SET UP:

Anchor: Not required

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

Body Positioning: Stand on the middle of the band(s) with one foot. Now grip a handle in each hand and raise the handles up to your shoulders, with the band(s) behind your shoulders. Start with your feet at hips width apart and stand up tall with your head straight, back straight and chest up.

MOVEMENT:

Step straight out to the side with your inactive foot and squat down as if you're sitting in a chair.

POINTS TO REMEMBER:

1. Keep your knees over your toes as you squat down.
2. Keep your back straight and chest up throughout the movement.