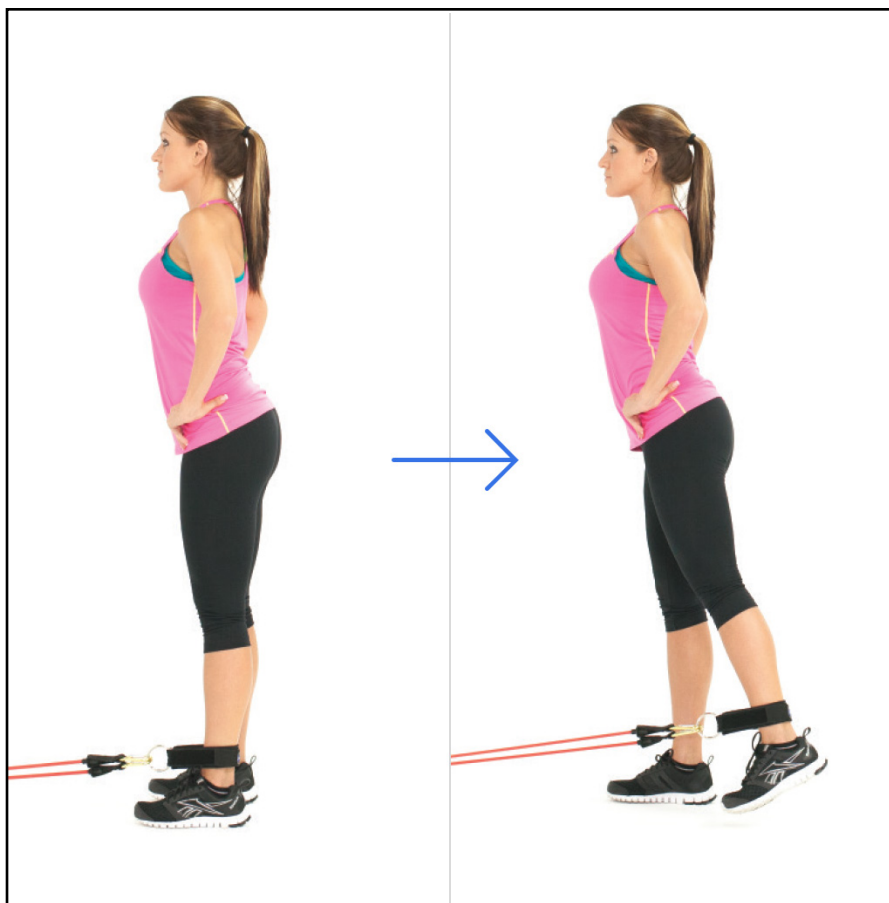


Standing Hip Extension With Bands

Area Targeted: Butt (Gluteus Maximus)



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=H3QvaT4b1Y0>

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 to one ankle strap.

Body Positioning: Secure the ankle strap around the ankle of your active leg, with the ring in the front. Stand 3 to 4 feet away from the door while facing the door, with both legs even (side by side). If necessary, place a chair beside you to use for balance. Keep your back straight, head straight and stomach tight.

MOVEMENT:

While keeping your active leg straight, push your leg back (10 to 12 inches), squeezing your buttocks.

POINTS TO REMEMBER:

1. Push your active leg back from your heel.