

# Mini Band Exercises

## LOWER BODY EXERCISES

Complete for a desired time, distance or number of repetitions.

### CLOCK TAP - LEGS

**Start:** Loop a mini band around your ankles, feet hip-width apart. Bend your knees slightly and clasp your hands in front of your chest.

**Exercise:** Bring one foot in front of you & to the side, tapping your toe to the ground. Bring it back to starting position.

Bring your same foot straight out to the side, tapping your toe to the ground. Bring it back to starting position.

Bring your same foot behind you to the side, tapping your toe to the ground. Bring it back to starting position. That's 1 rep. Retrace the pattern back, then switch sides.



### SQUATS

**Start:** Slide a Mini Band around both feet and pull the band up just above your knees. Move your feet shoulder width apart, with your head and chest up.

**Exercise:** Sit your hips back, bending at your knees. Push your knees out and against the Mini Band as you squat and try to get your thighs parallel to the ground. Once parallel, push through your hips and return to the starting position.



### LATERAL WALK

**Start:** Put the Mini Band over both feet and around your ankles, so it is lying flat against the legs. Spread your feet to about shoulder width apart so there is tension on the Mini Band. Bend your knees slightly, keeping your hips back, and keep your head and chest up.

**Exercise:** Take a large step out to the left with your left leg, keeping your feet in line with your shoulders, your hips level and your weight evenly distributed. This large step will cause a good amount of tension in the Mini Band. Follow that large step by a smaller step to the left with your opposite foot.



### MONSTER WALK

**Start:** Put the Mini Band over both feet and around your ankles, so it is lying flat against the legs. Spread your feet slightly wider than hip width so there is tension on the Mini Band. Bend your knees slightly, keeping your hips back, and your head and chest up.

**Exercise:** Take a large step forward with your right foot, followed by a larger step forward with your left foot. Continue to take large steps, walking forward. During each step, maintain posture and push your knees away from each other.

**Alternative Exercise:** You can go backwards as well to change up the exercise.



### LATERAL LEG RAISE

**Start:** Slide the Mini Band over both feet and up around the ankles, flat against the legs. Lie on the ground, lying on your right side with both legs straight, putting your left leg directly on top of your right. Place your right arm behind your head and your left arm can be on the floor in front of you for support.

**Exercise:** Raise your left leg as high as you can without moving any other part of your body. Once you get tension in the band and your leg is as high as it can go without breaking form, return your left leg to the starting position in a controlled manner. Repeat on the other side.



### CLAM SHELLS

**Start:** Slide a Mini Band around both feet and pull it up so it is positioned above both knees. Lie on the floor on your right side, with your hip and knees bent to about 90 degrees. Your left leg should be on top of your right leg and your feet should be on top of each other with your heels touching.



**Exercise:** Keeping your feet together, raise your left knee as high as you can (going into external rotation), without moving your pelvis and keeping your bottom leg still. When you lift your top knee you will get resistance from the Mini Band. Pause at the top for a second, then lower your knee back down to the starting position. Repeat on the other side.

### GLUTE BRIDGES

**Start:** Slide a Mini Band around both feet and pull the band up just above your knees. Lie on the floor, face-up, with your knees bent to 90 degrees, feet flat on the floor and arms out to your side. Separate your knees slightly so there is tension in the Mini Band.



**Exercise:** Raise your hips off the ground until your knees, hips and shoulders are all in a straight line. Pause at the top of the lift, then slowly lower yourself back down to the starting position. Keep tension in the Mini Band throughout the entire exercise.

**Add Hip Abduction:** at the top of the lift by pushing your knees out to the side.

**Single Leg Bridge:** Start in bridge position. Extend one leg and raise your hips off the ground with the single leg. Slowly lower to the starting position and repeat with the other leg.

### BEAR CRAWLS

**Start:** Put the Mini Band around both wrists. Drop down to the ground so your hands are under your shoulders then rise up onto your feet, so you are on all fours. There should be tension on the Mini Band that is between your wrists.



**Exercise:** Being up on all fours, move forward for a desired distance, keeping the band stretched throughout the entire movement. Keep your hips and shoulders the same height as you crawl forward and keep pulling the Mini Band apart with your wrists as you move.

**Alternative Exercise:** You can do your bear crawls backwards and lateral to change up the exercise.

### PLANK WITH HIP EXTENSION AND SIDE PLANK WITH HIP ABDUCTION

**Start:** Put the Mini Band around both feet and up to the ankles. Begin in a plank position.

**Exercise:** Hold the plank position while slowly raising one leg at a time. Return to the starting position and repeat with the other leg.

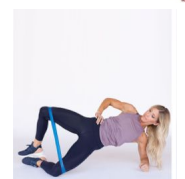


**Start:** Put the Mini Band around both feet and up to the ankles. Begin in a side plank position.

**Exercise:** Hold the side plank position while slowly raising one leg at a time. Return to the starting position and repeat with the other leg.



**Modification:** You can begin in a modified side plank position.



# Mini Band Exercises

## UPPER BODY EXERCISES

Complete for a desired time, distance or number of repetitions.

### WALL CLOCK - ARMS

**Start:** Loop a mini band around your wrists with palms against the wall, arms shoulder-width apart and center chest. Elbows straight.

**Exercise:** Imagine there is a clock in front of you with 12 o'clock at the top and 6 o'clock at the bottom with your right hand stabilizing. Move your left hand to 11 and then back to the starting position. Continue to move your left hand to 9 and then back to the starting position. Finally move your left hand to 7 and back, this will conclude 1 repetition on the left side. With your left hand stabilizing, carefully move your right hand to 1 and then back to the starting position. Continue to move your right hand to 3 and then back to the starting position. Finally move your right hand to 5 and back, this will conclude 1 repetition on the right side.



### LAT PULL DOWN DOUBLE AND SINGLE ARM

**Start:** Loop the mini band around your wrists. Raise your arms overhead.

**Exercise:** Pull down until your elbows are below your shoulders.

**Single Arm:** Hold band overhead in one hand, pull down with the other hand. Repeat on the other side.



### REAR DELT SHOULDER SQUEEZE

**Start:** Loop a mini band around your forearm with palms facing each other. Bend elbows to 90 degrees, raise arms to shoulder height.

**Exercise:** Keep elbows bent and externally rotate your shoulders outward, return slowly to the start position. Keep your shoulders retracted during the entire exercise.



### BICEP CURL

**Start:** Hold a mini band in both hands. Place both hands in line with one thigh. Hold the lower hand firmly on your leg.

**Exercise:** Curl the top hand up until your hand reaches shoulder height. Pause and lower down under control and repeat.



### TRICEPS EXTENSION

**Start:** Hold a mini band in both hands. Place one hand next to your shoulder. One hand should be high and the other should be lower.

**Exercise:** Holding one hand next to the shoulder extend the other arm down until the elbow is locked out. Pause at the bottom of the movement and then return under control to the start position.



### SIDE LATERAL RAISE

**Start:** Hold a mini band in both hands. Palms facing each other, and bend elbows to 90 degrees.

**Exercise:** Keeping your wrists straight, slowly raise one elbow out to the side until it reaches shoulder height. Return to the center. Repeat on the opposite side.



### BENT OVER ROW DOUBLE AND SINGLE ARM

**Start:** Step on one side of the Mini Band. With a flat back, head / chest up and a slight bend in the knees, lean over and grasp the other side with both hands.

**Exercise:** Pull the band to your chest.

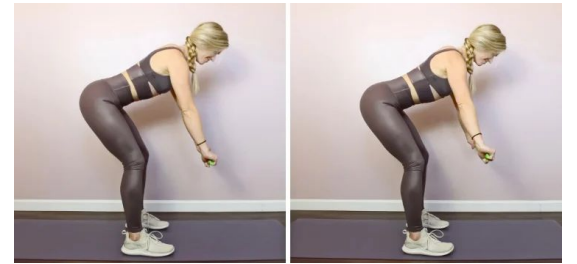
**Single Arm:** Step on one side of the band with one leg and grasping the other side of the band with the opposite hand. Pull the band to the chest.



### BENT OVER PULL APARTS

**Start:** Hold the ends of the resistance band in each hand. Keep your back flat and hinge at the hips to bring your torso parallel to the ground. Maintain a small bend in your knees the whole time.

**Exercise:** Begin with your hands shoulder-width distance apart. Then pull the band apart with your hands, stretching it out. You should feel your triceps, outer shoulders, and rear delts working. Slowly bring the hands back to shoulder-width distance.



### FACE PULL

**Start:** In a seated position with legs straight and hip width distance apart. Loop one side of the band around both feet and hold on to the other side with your hands.

**Exercise:** Pull the band toward your face and then slowly return to the start position.



### PLANK ROW

**Start:** Start in a high plank position with the light resistance band looped around both hands. Separate your feet wider than hip distance apart. Keep your hips in line with your shoulders.

**Exercise:** Keep your hips square as you row one elbow upwards, picking up the band with the hand. Place your hand back down to the start position. Repeat. Continue the exercise with the other hand.



### PUSH UP LATERAL WALK

**Start:** In plank position with a mini band around your wrists and, arms shoulder-width apart. Elbows straight.

**Exercise:** Perform one push up, and then immediately take a step to the side so you end up in press up position again. Repeat the push up and lateral movement in one direction and then return in the other direction.

**Modification:** Begin in a modified push up position.

