

# LOWER BODY WORKOUT



## Hip Abduction

Begin standing tall with a resistance band around the ankles. Keeping the moving foot facing forward, kick ~45 degrees out. Repeat.



## Hip Extension

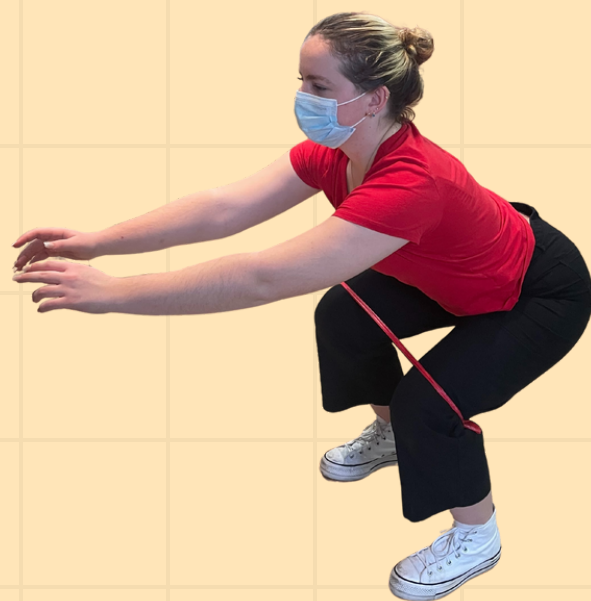
Begin standing tall with a resistance band around the ankles. Keeping the moving foot facing forward, kick ~45 degrees behind. Repeat.

# LOWER BODY WORKOUT



## Side Steps

Begin with a resistance band around the ankles and legs together. Step to the side in a squat while keeping the chest up and feet forward. Repeat.



## Squat

Can be done with or without a resistance band. Begin standing straight. Push the hips back and bend the knees, keeping the chest up during descent. Repeat.



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## Single Leg Squat

Begin with one leg in front of the other. Squat straight down while keeping the trunk elevated. Repeat.



## Lunge

Begin with feet together. Step forward and squat, keeping the trunk elevated and feet forward. Repeat.

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## Step ups and Onto Toes

Begin standing in front of a stool. Step up onto the stool with one foot and elevate onto the toes. Maintain good posture and repeat.

