

Resistance Booty Band Work

Circuit 1 : 3-4 Rounds. 45 seconds on. 15 second rest

Do each exercise back to back rest for the 15 seconds at the end and then repeat

1. Air Squat-

Band above knees. Feet shoulder width apart. Come down in a squat keeping butt back and knees behind toes. Weight in heels

2. Squat Toe Taps-

Band above knees. Squat position tap right foot to the side, bring back in, tap left foot out, bring back in. Repeat for the 45 seconds.

3. Hip Thrust-

Band above knees. Sit on the floor facing away from a box or bench. Bend your knees and place your feet flat on the ground, hip distance apart. Rest your upper back on the edge of the bench. Drive through your heels to lift your hips to the sky as your upper back stays in one place on the bench. Pause and squeeze your glutes at the top. Lower your butt back to the ground. You want to make sure you come all the way down, so your butt is basically touching the floor at the bottom. At the top, you want to come all the way up so that you form a straight line from your shoulders to your knees.

4. Donkey Kicks-

Band above knees. Come to tabletop position with your arms directly below your shoulders. Draw your belly in, and extend your left leg straight behind you. Your leg should go from bent to locked out in a straight line. Then draw your knee forward, but don't let it touch the ground. Do all 45 seconds on one leg and then switch.

Circuit 2: 3-5 Rounds

1. Side plank- 25 each side

Star on your side. Bottom arm straight below you and in line with your shoulder. Top leg bent and behind bottom leg that is straight. Band is under the back foot and around front foot ankle. Top arm hand on hip. Scissor bottom leg up and feel the burn on your inner thigh.

2. Around the world Squat Toe Taps- 30 taps (10 of each) each leg

Band above knees. Stand in a squat position. Tap foot directly behind, tap to the side, tap to the front. Repeat on same leg for 30 total taps and then do opposite leg.

3. Plank lateral kicks with a kickback- 20 reps each leg

Start in a push-up position. Keep leg straight and kick out to the side. Upon coming back, continue to keep leg straight and kick up

(if you want to make it harder add a push-up while doing the kick up) Do all reps on one leg and then switch to other.

4. Single leg glute bridge with abductor- 20 reps each leg

Lie in a glute bridge position with back on floor and feet bent about shoulder width apart. Band above knees. Bring one leg straight out in front of you while maintaining bridge position and bring butt to floor, then drive up and bring that extended leg out to the side.