

# ATHLOS FITNESS HIP BAND EXERCISE GUIDE



Hip Bands for Every Exercise



1. Monster Walk
2. Walking Lunge
3. Forward Walk
4. Side Walk
5. Squat Forward Walk
6. Squat Side Walk
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8. Fire Hydrant
9. Side Lying Clam
10. Hip Hinge Abduction
11. Squat
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13. Hip Thrust
14. Elevated Glute Bridge
15. Split Squat
16. Sumo Squat
17. Step Up

# MONSTER WALK

- Place the band just above your knees.
- Lower into a quarter squat keeping your core tight with your feet shoulder width apart.
- Step forward moving diagonally so your foot is wider than where it started.
- Repeat for 10 steps.





# WALKING LUNGE

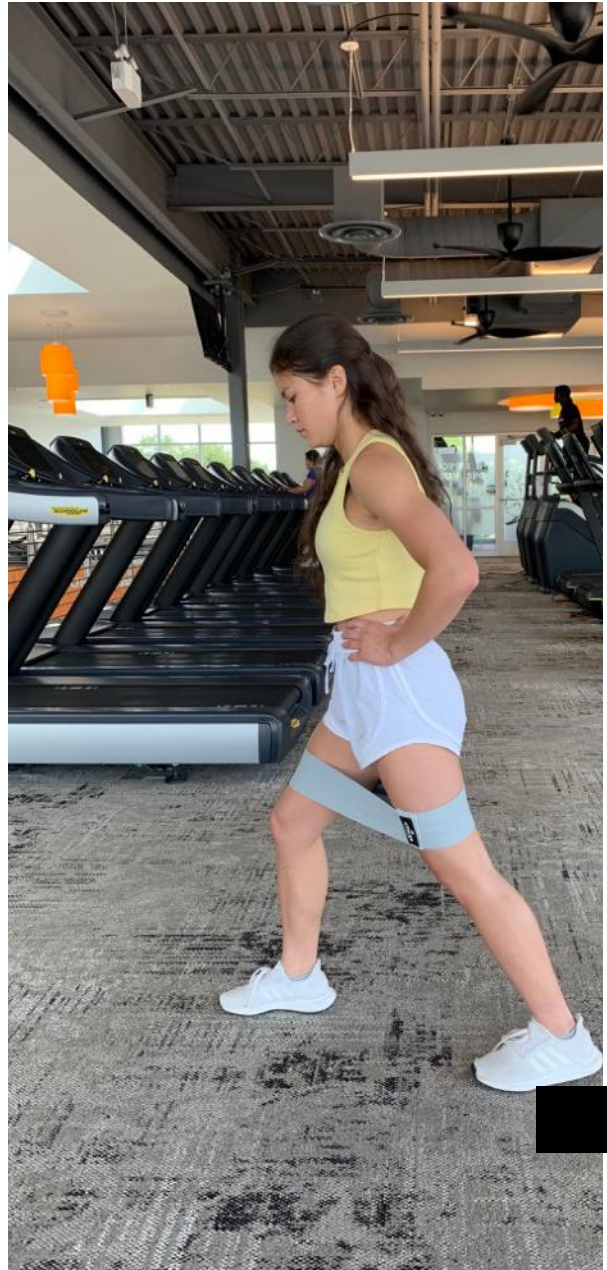
- Place the band just above the knee.
- Stand tall and keep your core tight.
- Keep your feet slightly wider than your hips.
- Step forward and touch your back knee to the floor.
- Maintain a stable and upright core.





# FORWARD WALK

- Place the band just above the knee.
- Stand tall and keep your core tight.
- Keep your feet slightly wider than your hips.
- Walk forward keeping tension in the band.
- Repeat for 10 steps forward, turn around and take 10 steps back.





# SIDE WALK

- Place the band just above the knee.
- Stand tall and keep your core tight.
- Keep your feet slightly wider than your hips.
- Move your foot directly to the side and maintain tension. Follow with your back foot without letting the tension out of the band.
- Repeat 10 steps to one side then 10 steps back to the other direction.





# SQUAT FORWARD WALK

- Place the band just above the knee.
- Stand tall and keep your core tight.
- Keep your feet slightly wider than your hips, keeping tension in the band.
- Lower into a squat forcing your knees out, pushing against the band.
- Take a step straight forward.
- Repeat 10 steps in one direction and 10 back.





# SQUAT SIDE WALK

- Place the band just above the knee.
- Stand tall and keep your core tight.
- Keep your feet slightly wider than your hips, keeping tension in the band.
- Lower into a squat forcing your knees out, pushing against the band.
- Step directly to the side maintaining tension on the band. Follow with your back foot without letting the tension out of the band.
- Repeat 10 steps to one side then 10 steps back to the other direction.



# DONKEY KICK

- Place the band just above your knees.
- Go on your hands and knees, keep your back straight, and core tight.
- Keep your face down so your neck stays neutral, don't arch your back.
- Take one leg and drive it up, maintaining a 90 degree angle between the upper leg and lower leg.
- Lower Slowly.





# FIRE HYDRANT

- Place the band just above your knees.
- Go on your hands and knees, keep your back straight, and core tight.
- Keep your face down so your neck stays neutral, don't arch your back.
- Drive your knee out to the side maintaining a 90 degree angle.
- Lower Slowly.



# SIDE LYING CLAM

- Place the band just above your knees.
- Lie on your side.
- Keep hips straight, and your knees stacked.
- Open the upper as wide as you can while keep your feet in contact, squeeze your glutes.
- Lower Slowly.





# HIP HINGE ABDUCTION

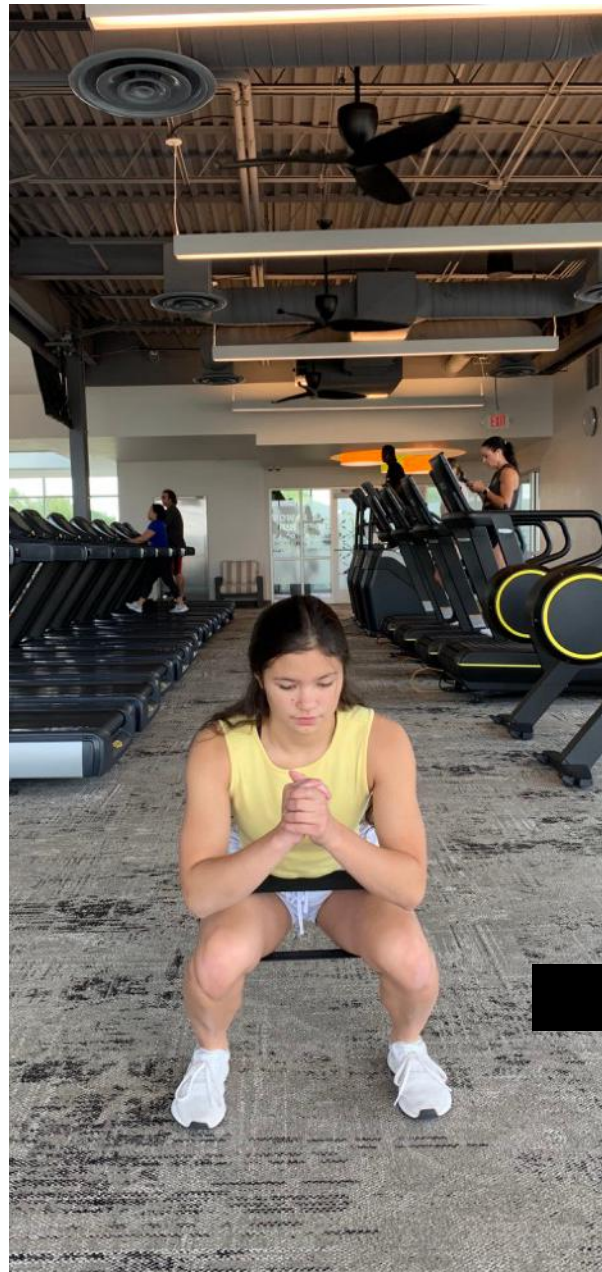
- Place the band just above your knees.
- Keep you feet shoulder width apart.
- Push your knees out and hold for 3 seconds.
- Slowly come back to the middle and repeat.





# SQUAT

- Place the band just above your knees.
- Stand with your feet shoulder width apart.
- Lower into a squat and push your knees outward so they don't collapse in.
- Stand out of the squat.





# LYING HIP ABDUCTION

- Place the band just above your knees.
- Lie on your side with your lower knee bent, leaning on your elbow, and bracing your core.
- Extend your upper leg.
- Raise your leg as high as you can and slowly lower.



# HIP THRUST

- Place the band above your knees.
- Position your back on a bench and tighten your core.
- Keep your feet hip width apart and planted on the ground.
- Keep your back straight and drive your hips forward and push your knees out. Hold at the top for 5 seconds and squeeze your glutes.
- Slower lower your hips back to the ground.





# ELEVATED GLUTE BRIDGE

- Place the band just above your knees.
- Position your feet on a bench at a 90 degree angle.
- Keep your feet hip width apart and tighten your core.
- Keep your back straight and drive your hips forward and push your knees out. Hold at the top for 5 seconds and squeeze your gluten.
- Slower lower your hips back to the ground.



# SPLIT SQUAT

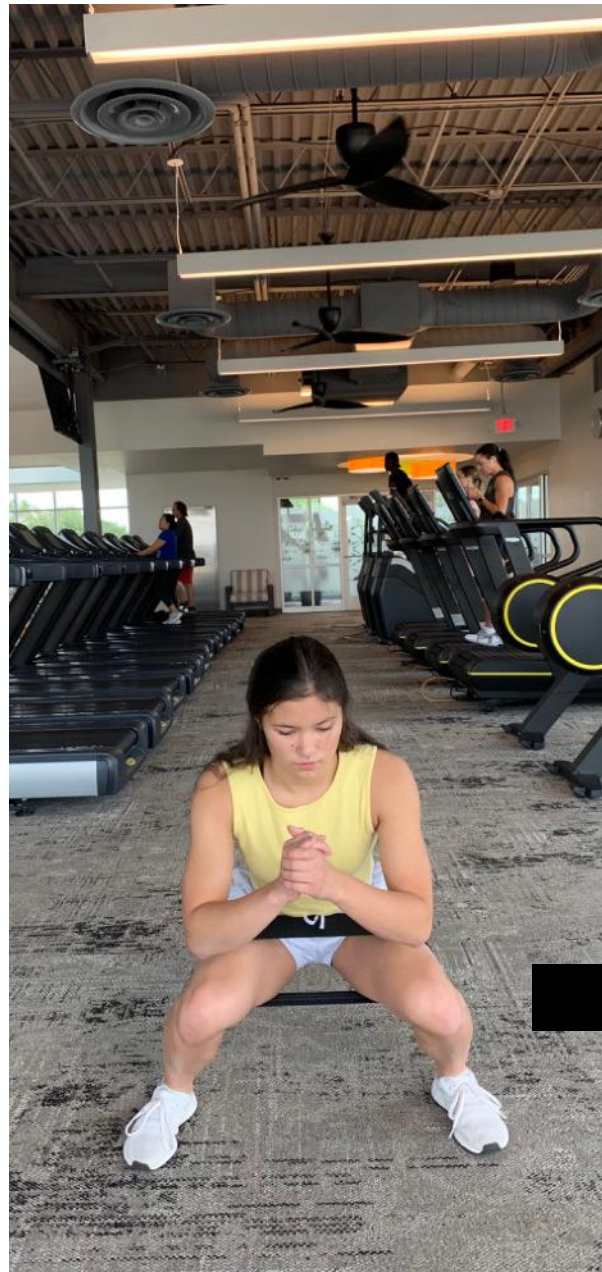
- Place the band just above your knees.
- Stand up straight and tighten your core.
- Rest one foot on top of a bench behind you.
- Lower your body until your back knee touches the ground. Remember to drive your front knee outward.
- Push through the heel of your front foot to return to standing.





# SUMO SQUAT

- Place the band just above your knees.
- Stand with your feet wider than your shoulders.
- Lower into a squat and push your knees outward so they don't collapse in.
- Stand out of the squat.





# STEP UP

- Place the band just above your knees.
- Stand up straight with your core tight.
- Place your foot on the bench in front of you.
- Step into your front foot and drive yourself up to a standing position on top of the bench.
- Step down and repeat.

