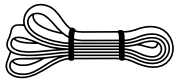


RESISTANCE BANDS

4 weeks / 2-4 times a week

ADVANCED

SET 1



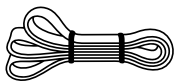
Hip bridge

25 reps.

30 SECONDS BREAK BETWEEN EACH SET

TOTAL 3 SETS

SET 2



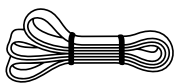
Leg curls

15 reps. each leg

NO REST IN BETWEEN - SWITCH LEGS

TOTAL 3 SETS

SET 3



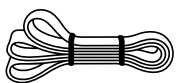
Standing glute kickbacks

15 reps.

NO REST IN BETWEEN - SWITCH LEGS

TOTAL 3 SETS

SET 4



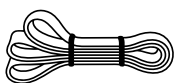
Hip raises

15 reps.

NO REST IN BETWEEN - SWITCH LEGS

TOTAL 3 SETS

SET 5



Crab walk

10 reps.

60 SECONDS BREAK BETWEEN EACH SET

TOTAL 3 SETS

Note: Before starting your workout please visit our warnings page. cool2workout/warnings. Always do a warming up and cooling down, and make sure your body is properly hydrated. Preferably leave one day rest in between workouts.