Resistance Mini Band Exercises (by ValeoFM)
Routine: 3-4 sets of 10-15 reps of each exercise (do this 2-3 days per week). Do the movements slowly, with full control of the body.

Some of the pictures are self-explanatory.

Ground
When your butts are on the ground, flatten your low back. In this case, you will engage your core muscles and will not do compensating movements.

Glute Raise
(On Back / Flat Feet) – Band Above Knee.

Push through your feet and lift your hips up until they align with the knees and shoulders, squeeze your glutes and pull your knees apart at the top. Pause, and come down.

Pull Apart
Pull your knees apart.

Straight Leg Pull-Aparts
Brace your core, lift your legs a little, pull your feet apart, bring your legs back down to the floor.

Straight Leg Raises
Lift your feet about a foot off the ground. Then raise one of your leg up as far as you can. Bring it back and change the leg.

Lying Knee Drive
Drive knee to chest.

Side Lying Raise
Lift your upper leg up in a controlled motion. Tip: do this exercise close to a wall. Keep your spine neutral. Spine, butts and heels are touching the wall.
Clams
Lift knee up in a controlled motion. Tip: get close to a wall so that your back, butts and heels touch the wall. Don’t arch your back.

Standing
As far as you can, don’t arch your back in kick exercises. Stand erect with your chest opened. Do exercises without compromising a good form and posture. After a kick movement pause and return to start.

Forward Kick
Knee slightly bent. Kick Forward in a controlled motion.

Back Kick
Knee slightly bent. Kick to Back in a controlled motion.

Side Kick
Knee slightly bent. Kick to Side in a controlled motion.

Placement Run
Drive knee up.

Squats
If you absolutely don’t have time, do squats. Mini bands on your knees won’t let you do this exercise incorrectly. Don’t flex (bend forward) your low back.
**Hip Rotation**
Place band around lower legs slightly above ankles. Stand erect with your feet hip-width apart and knees slightly bent.

Slowly bend, lift and rotate leg up and out alongside of body while balancing on opposite leg. Return slowly to start position and repeat.

**Walking**
Walk in a controlled way. You can add bands to wrists during Walks.

**Lateral Walks**
Walk from side to side. Change direction.

**Monster Walks**
Walk Forward / Backward.

**Bear Crawl**
Walk Forward/Backward.

**Bear Crawl Lateral**
Walk laterally (from side to side) with hands and feet.

**Walking Push-Up**
Get into a push-up position. Straighten arms and position hands directly below shoulders with feet positioned hip-width apart and body straight.

Lift and reach one hand up and away from opposite hand, reposition hand on floor, bend arms and lower body toward the floor. Straighten arms while lifting and moving hand back under shoulder to start position, and repeat.
Plank Knee Thrusts
Get into a plank position with your shoulders stacked above your palms and your body in a straight line between the top of your head and your heels. Lift your right foot off the floor and drive your right knee straight forward to the inside of your right elbow. Return to start. Do the thrusts with the right leg, then repeat with the left leg.

Rotation
You can add a rotational component by driving your foot to the opposite armpit.

Other resources
On our website, we’ve collected a group of videos showing different resistance miniband workouts.

If you feel bored with the exercises above, check this out:

We invite you to follow this Facebook page
www.facebook.com/capablebody

to get tips regarding your overall health and keeping fit. You’ll find there a lot of useful, yet little known, information about proper posture, beneficial habits, overcoming muscles disbalances, and avoiding the detrimental effects of sedentary, modern lifestyles and counter-productive exercises.

Do right things and stay healthy!