

# Mini-Band Exercises

**Routine:** 3 sets of 10 reps of each exercise (Do this 2 days per week)

## Ground

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

Pull Aparts (On Back / Flat Feet) – Band Above Knee

Straight Leg Pull Aparts (On Back / Feet of Ground) – Band Around Ankles - Spread

Leg Raises (On Back / Legs Straight) – Band Around Foot – Knee to Chest

Side Lying Raise (Lay on Side) – Band Around Ankle - Straight Leg

Clams (Lay on Side) – Band Above Knee – Lift knee up in a controlled motion

Lying Knee Drive (Lay on Side) – Band Around Foot – Drive Knee to Chest

Fire Hydrant (Hands and Knees) – Band Around Upper Shin – Drive Knee Out

Knee Kick Back (Hands and Knees) – Band Around Foot – Drive Foot Back / Straight

## Standing

*Note: Band Around Feet for all standing exercises*

Forward Kick (Standing) – Knee Slightly Bent – Kick Forward in a controlled motion

Side Kick (Standing) – Knee Slightly Bent – Kick to Side in a controlled motion

Back Kick (Standing) – Knee Slightly Bent – Kick to Back in a controlled motion

Placement Run (Standing / Leaning on Wall) - Band Around Feet – Drive Knee Up

## Walking *(Can add bands to wrists during Walks)*

Lateral Walks (Standing) – Band Around Ankles – Walk Laterally / Controlled

Monster Walks (Standing) – Band Around Ankles – Walk Forward / Backward

Bear Crawl Forward/Backward (Pushup Position) – Walk Forward/Backward

Bear Crawl Lateral (Pushup Position) – Walk laterally with hands and feet

## Plyometrics

Linear Bound (Standing) – Band Above Knee – Jump forward off of both feet

Lateral Bound (Standing) – Band Above Knee – Jump to the side off of both feet

Step Ups (Standing) – Band Above Knee / Around Wrists – Step onto/off of boxes

Box Jumps (Standing) – Band Above Knee – Jump on and off of boxes