

2020 Reset: Workout #11

Lower Body Strength with Bands

Full-body warmup, then:

Medium band around ankles

Side-Steps, 5 side steps R + 10 tap-outs R

5 side steps L + 10 tap-outs L

2x each direction, Slight hip hinge, lead with hip, keep tension on band

Light-medium band around feet

8 Banded Bird Dogs each side

10 Pushups - keep feet as wide as needed to feel the band's resistance

Lunge-a-palooza

Lunge-Squat-Lunge combo - count 10 squats (no band needed)

Split squats with chop - 5x up and down, then hold bottom position to chop 5x.

The chop starts on the "open" side and chops down across the front leg.

Hips should stay forward, rotation comes from thoracic spine/rib cage area

Rear Foot Elevated Split Squat - 10x/side

Ready to Kill the Band? Hold it with an overhand grip and pull like you're trying to tear it apart!

Glute Bridge with Overhead Pull x10

Hamstring walkout (no bands) x5

Dead Bugs with Diagonal Reach - see the video for explanation and work at whatever level keeps your back pressed into the floor

Band Free! But it's not over yet...

Side Plank with rotation x8

Front Plank w/Shoulder Taps x20 taps

Keep feet as wide as you need to avoid rocking side to side

Back-safe crunches (McGill Crunches)

Imagine your upper back, neck and head are on a board being lifted - it's a small lift. Feel your lowest ribs move towards your hip bones.

Pilates Roll-ups- legs bent or straight. Round your back on the way down.

On the lift, think of scooping/hollowing your belly with a big exhale.

Stretch!