

Mini Band Routine for hips/glutes



*Begin with 2 sets of 10 2-3 times a week. Work your way up to 2-3 sets of 10-20.
Note # of reps on line.*

Date/time: _____

Resistance level used: _____

1. Squat with hip abduction
a. Set 1: ___ b. Set 2: ___ c. Set 3: ___
2. Firehydrant
a. Set 1: ___ b. Set 2: ___ c. Set 3: ___
3. Hip extension
a. Set 1: ___ b. Set 2: ___ c. Set 3: ___

Notes:

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