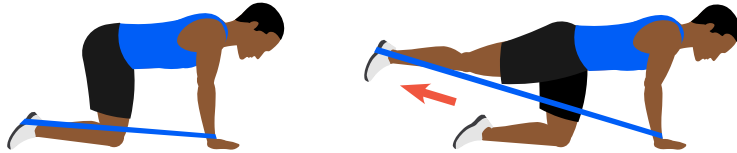


## Kickback



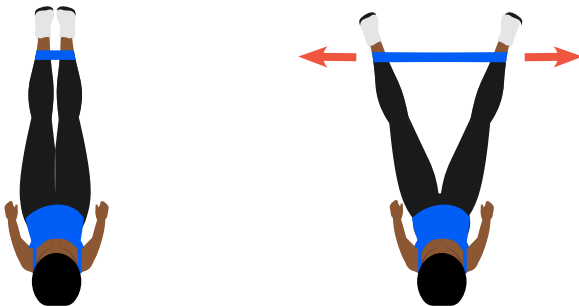
**ANCHOR:** Hands and feet

**START:** On all fours with hands directly under your shoulders holding on to the ends of the band. The center of the band is wrapped around one of the feet.

**MOVEMENT:** Using your Glutes push the leg back straight, making sure there is tension on the band.

**TIP:** Keep the back flat.

## V Push



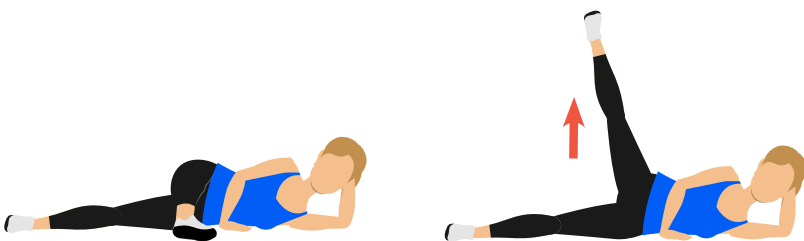
**ANCHOR:** Band, tied in circle and placed around the ankles

**START:** On your back legs together up in the air, hands at side.

**MOVEMENT:** Using your outer hips, open the legs as wide as possible.

**TIP:** Keep the abs tight.

## Side Leg Lift



**ANCHOR:** None, body weight

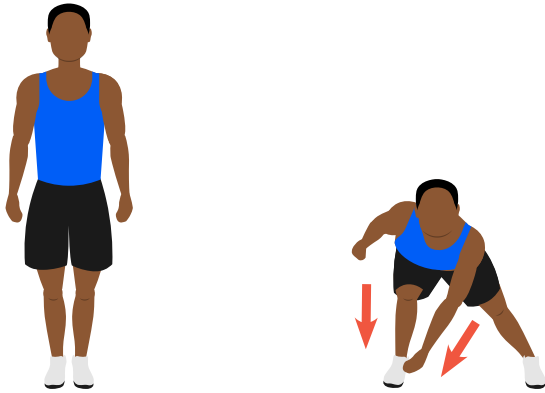
**START:** Lying on your side, bottom leg straight top leg straight out in front of you.

**MOVEMENT:** Using the top leg and hip, keeping the leg straight, lift straight up in front of you.

**TIP:** Keep hand in front on floor for balance if necessary.

## Side Lunge with Tap

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**ANCHOR:** None, body weight

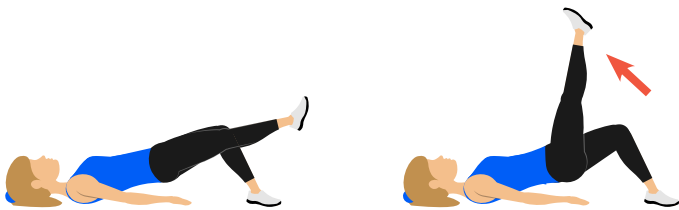
**START:** Stand with feet hip-width apart and hands at your sides.

**MOVEMENT:** Take a large step to the side with both toes facing forward. Lean into traveling leg, bending at the hip and knee. Reach opposite arm over to touch the outside of the traveling foot. Push back up to starting position.

**TIP:** Try to keep your knee from traveling past your toes.

## Single Leg Bridge

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**ANCHOR:** None, body weight

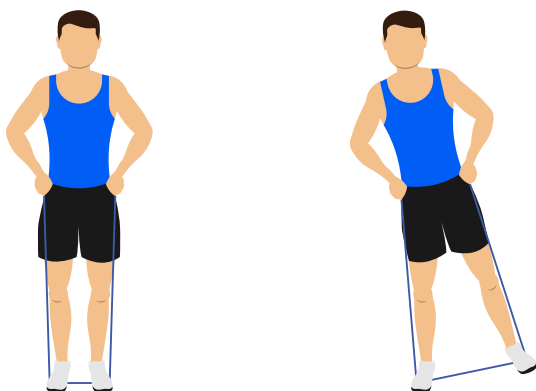
**START:** On your back with one knee bent, foot flat on the floor and arms at your side, other leg is in the air.

**MOVEMENT:** Using the Glutes, lift the body up all the way up using the one leg, creating a straight line.

**TIP:** Keep abs tight and shoulders relaxed.

## Hip Extension

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**ANCHOR:** Tubing under both feet.

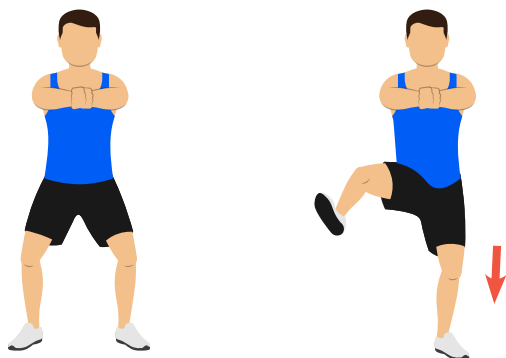
**START:** Stand with feet shoulder width apart, holding handles and hands on hips.

**MOVEMENT:** Using the outer hip, lift one leg out to the side as you stand on the opposite leg

**TIP:** Try to maintain balance. Bring feet closer to make it easier.

## Roundhouse

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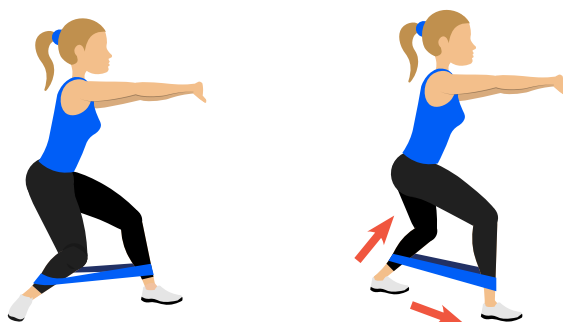
**START:** Squat with a wide stance in front of a small table that is about knee height.

**MOVEMENT:** Lift one leg as you stand (crossing the body) and lift up and over the table back to the squat position.

**TIP:** Be sure to keep knees behind the toes in the squat position.

## Duck Walk

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**START:** Stand with feet a little wider than shoulder width apart and bend the knees as if squatting.

**MOVEMENT:** Staying in a squat position, walk across the floor keeping the legs wide.

**TIP:** Keep the chest lifted up.