

## Standing Kickback



**Anchor:** Door, low

**Start:** Stand with feet hip-width apart facing the door and the band around the calf/ankle.

**Movement:** Using the hamstrings and glutes with your leg straight, pull the leg back.

**Tip:** Try not to lean forward.

## Assisted Standing Kickback



**Anchor:** Band tied in a circle or on back of chair

**Start:** Stand with feet hip width apart facing the chair and the band around the calf/ankle.

**Movement:** Using the hamstrings and glutes and your leg straight, lift the leg back.

**Tip:** Try not to lean too far forward.

## Seated Hip Thrust



**Anchor:** Band across the hips

**Start:** Sit on the edge of the chair with the band across your lap at the hip, holding on to the band with both hands on each side of the chair.

**Movement:** Using the hamstrings and glutes, lift the hips up and out, keeping the hands on the chair.

**Tip:** Keep a slight bend in the elbows.

## Leg Curl with Band



**Anchor:** Door, low

**Start:** Stand with feet together facing the door and the band wrapped around ankle or foot.

**Movement:** Using the hamstring and keeping the knees together, lift the lower leg and foot toward your glutes.

**Tip:** Keep abs tight. Hold onto chair for balance if necessary.

## Straight Leg Pull Down



**Anchor:** Door, mid-height with the foot through the tubing handle.

**Start:** Lie on your back, leg with the tubing in the air, the other is bent with the foot flat on the floor.

**Movement:** Using your hamstrings and keeping the leg straight lower the leg to the floor.

**Tip:** Try to keep both hips on the ground.

## Single Leg Bridge Raise



**Anchor:** None, body weight

**Start:** On your back with 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 all the way up using the one leg, creating a straight line.

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