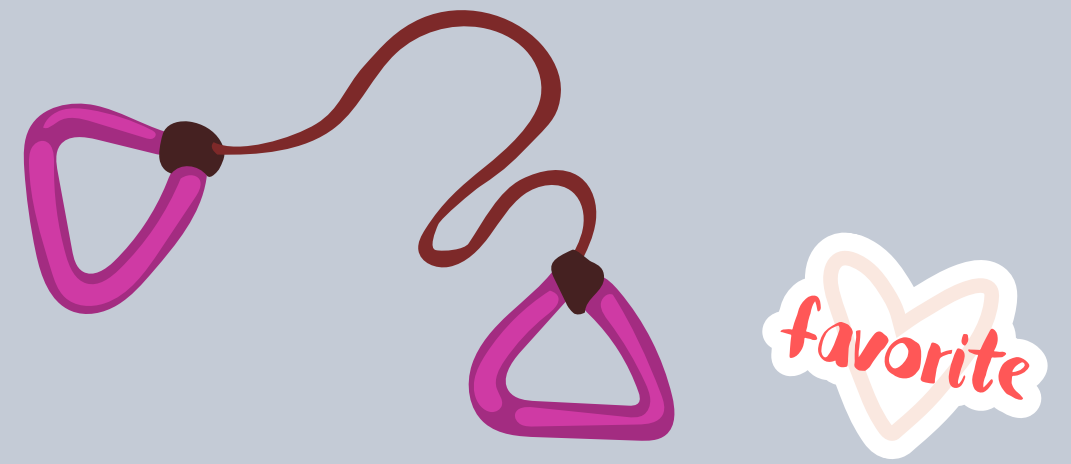


# Lower Body Resistance Band Exercises

THIS RESISTANCE BAND EXERCISE CHART PRINTABLE COVERS THE LOWER BODY



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ROUTINES  
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## SQUATS WITH BAND

**Muscles Targeted:**  
Quadriceps, glutes

**Instructions:** Place the band under your feet and hold the handles at shoulder height. Squat down, keeping your back straight and knees aligned with your toes. Push through your heels as you return to a standing position. Do around 10-15 repetitions. This exercise targets your quadriceps, glutes, and hamstrings.

## LATERAL BAND WALK

**Muscles Targeted:**  
Glutes, hip abductors

**Instructions:** Place a resistance band around your thighs above the knees. Stand with feet shoulder-width apart and knees slightly bent. Step sideways with one foot, then follow with the other foot while maintaining tension on band. Do 10-15 steps per side as a set and perform 2-3 sets. This exercise targets the hip abductors and glutes.

## GLUTE BRIDGE WITH BAND

**Muscles Targeted:**  
Glutes, hamstrings

**Instructions:** Lie on your back with knees bent and feet flat on the floor. Place a resistance band above your knees. Make sure your knees are hip-width apart so there is a bit of tension on the band. Lift your hips off the floor, squeezing your glutes at the top. Keep your core engaged and lower your hips back down slowly. Aim for 12-15 reps per set. This exercise effectively targets the glutes and hamstrings.

## LEG PRESS

**Muscles Targeted:**  
Quadriceps,  
hamstrings

**Instructions:** Secure one end of the resistance band behind you and loop the other end around one foot. Maintain tension as you extend your leg forward, straightening your knee against the resistance. Control the movement back to the starting position. Do 12-15 reps. This exercise targets the quadriceps and hamstrings.

## STANDING LEG CURL

**Muscles Targeted:**  
Hamstrings

**Instructions:** Secure one end of the resistance band to a low, sturdy anchor and loop the other end around one ankle. Stand on the opposite leg with a slight knee bend. Pull your heel toward your buttocks, squeezing your hamstring against the band's resistance. Lower your leg back down slowly. Do 12-15 reps. This exercise targets the hamstrings.



## ALWAYS REMEMBER TO:

When doing upper body exercises with resistance bands, anchor the band securely and maintain proper form throughout. Keep tension on the band during each movement, adjust resistance levels as needed, and focus on controlled, deliberate motions to engage the muscles effectively.

Remember to breathe steadily, warming up before and cooling down after workouts to prevent injury. It's also a good idea to consult with a fitness trainer or coach to tailor a workout plan that suits your needs.