PROGRAMME · RESISTANCE BAND

20 minutes for *toned glutes*

COREFLO

Duration · 20 min | **Level** · beginner + | **Frequency** · 3 times a week | **Rest** · 30 s between sets



1 Banded squat

GLUTES · THIGHS

1. Band just above your knees, feet hip-width apart.
2. Lower while pushing your knees out against the band.
3. Stand as you exhale, squeezing your glutes.

3 × 15
knees never cave in



2 Side steps

GLUTE MEDIUS · HIPS

1. Band above your knees, legs slightly bent.
2. Take 10 small steps to the side, keeping tension.
3. Take 10 steps back the other way.

3 × 20
steps, hips level

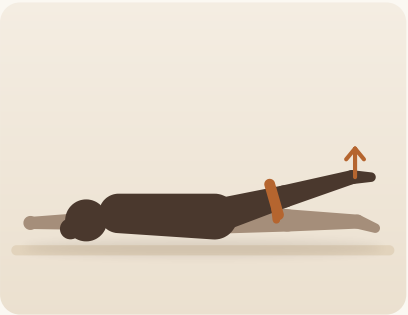


3 Glute bridge

GLUTES · HAMSTRINGS

1. Lie on your back, band above your knees, feet flat.
2. Lift your hips while pressing your knees slightly apart, as you exhale.
3. Hold for 2 seconds at the top, then lower slowly.

3 × 12
don't arch at the top



4 Side leg lift

GLUTES · HIPS

1. Lie on your side, band above your knees.
2. Lift the top leg, straight, against the band as you exhale.
3. Lower slowly, then switch sides.

2 × 15
each side, hips stacked

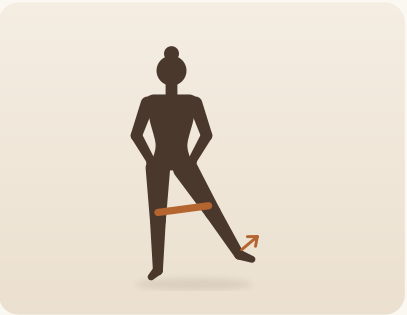


5 Donkey kick

GLUTES

1. On all fours, band above your knees.
2. Push one heel towards the ceiling, knee bent at 90°, as you exhale.
3. Lower without touching the knee down, then switch.

2 × 12
each side, flat back



6 Standing side kick

GLUTE MEDIUS

1. Stand with the band above your knees, hands on hips.
2. Lift one straight leg out to the side as you exhale.
3. Return with control, then switch sides.

2 × 15
each side, torso still

Pilates breathing

Warm up for 3 minutes before you start. Exhale as you pull against the band, inhale on the way back. Keep tension in the band from the start to the end of every set.

Practise safely

Check the band lies flat and isn't twisted before each exercise. Stop any exercise that causes pain. If you have an injury, are pregnant or have a health condition, ask a doctor or physiotherapist before you start.