



10-Minute Lower Body Dyna-Band Exercises

Wellness
WORKS



Introduction

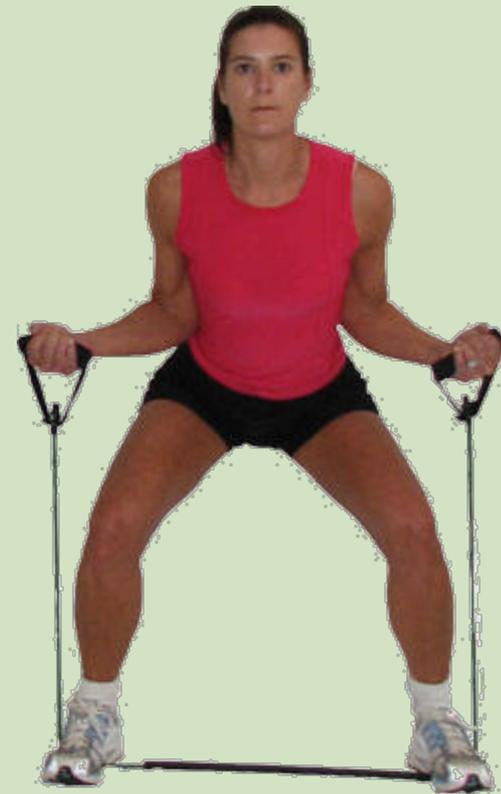


- Warm up for five minutes, jogging in place and stretching the quadriceps and hamstring muscles.
- Choose a band with the appropriate resistance for your strength level.
- Consult with your physician if you have any serious medical issues or if you haven't exercised in a while.

Squats



- Stand on the band with feet shoulder-width apart, keeping tension on the band by holding a half-bicep curl.
- Lower into a squat, keeping knees behind toes, and pulling on the band to add tension.
- Push up with your heels and keep shoulders back.
- Return to start and repeat.
- Repeat for 1-3 sets of 10-16 reps.



Lunges



- Stand with right leg forward, left leg back and band positioned under right leg.
- Keeping tension on the band by bending elbows, lower into a lunge until both knees are at 90 degrees, front knee behind the toe.
- Return to start and repeat.
- Repeat for 1-3 sets of 10-16 reps.



Side Step



- Tie resistance band around the ankles (make sure you're wearing socks) so that there are a few inches of band when you stand at hip-distance apart.
- Take 8 steps to the right, contracting the glute and outer thigh.
- Repeat on the other side performing 1-3 sets on both sides.





Questions?

Contact Maricopa County's Fitness Coordinator

Jan Hertzfeld

602.372-9297

hertzfeldj@mail.maricopa.gov

