



A QUICK GUIDE IN USING THE CIRCLE RESISTANCE HIP BANDS



BUILD STRONGER HIPS AND GLUTES

THE HIP RESISTANCE CIRCLE BANDS ARE A GREAT TOOL USED TO ACTIVATE MUSCLES AND STRENGTHEN GLUTES AND HIPS.

HAVING STRONG GLUTES WILL ENABLE YOU TO GENERATE MORE POWER IN JUST ABOUT EVERY MOVEMENT, INCLUDING WEIGHTLIFTING, PERFORMING DEADLIFTS, RUNNING, JUMPING, AND SQUATTING.

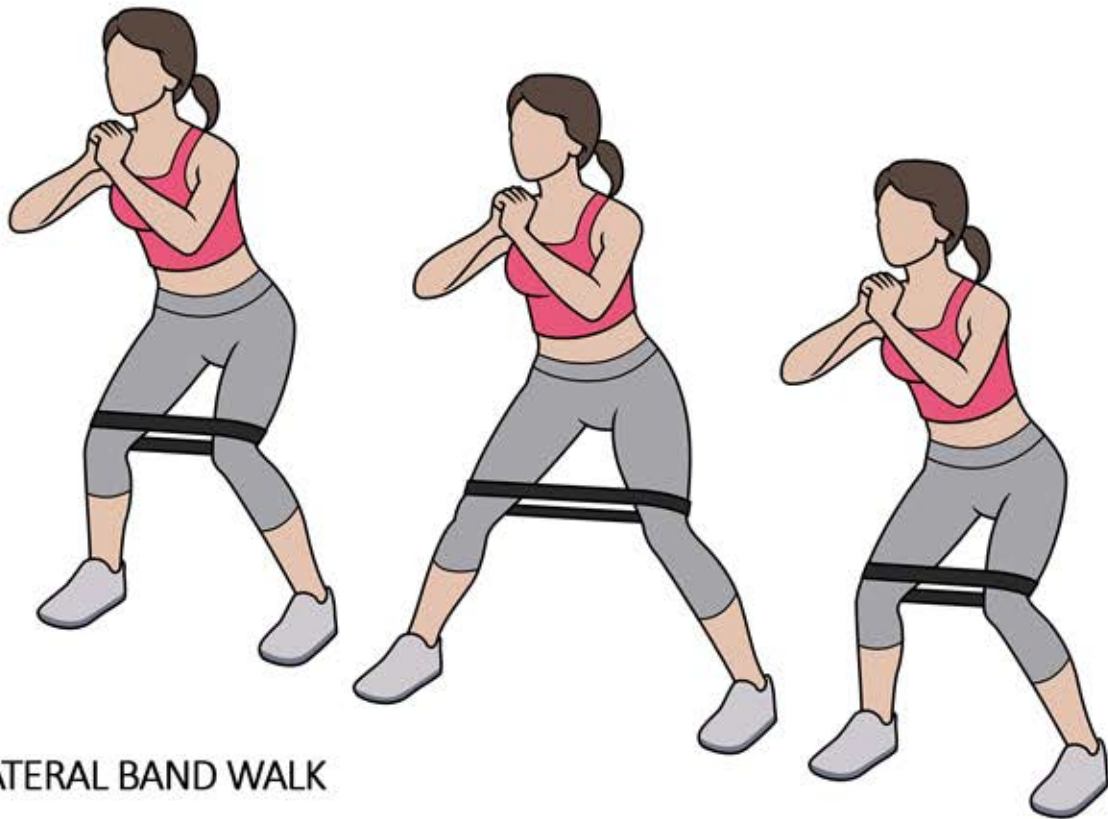
WHY USE HIP BANDS?

Strong glutes are the key to unlocking your full-body power potential. Want to hit a PR in your deadlift? Strengthen your glutes. In order to actually lift those heavy things and safely transfer that force across your body, you need to be able to generate enough power. Most of that power comes from your hips, more specifically your glutes. And that is where Fitteroy Hip and Glute Circle Band comes into the picture.

Our hip bands are used to activate muscles around the hips and glutes. The band adds resistance and strengthen hip abductors and external rotators, keeping the knees pushed out during squats and deadlifts.

VERSATILE USES

Use these bands for squats, sumo deadlifts (with feet apart), lateral band walks, long stride forward and back walks, glute kickbacks, donkey kicks, lateral leg lifts and more. In addition to using these bands on your thighs, you can use them below the knees as well when necessary. Let your entire body feel the burn provided by the use of these bands.



LATERAL BAND WALK

Place the band just above your knees and stand with your feet hip-width apart. The band should be taught, but not stretched.

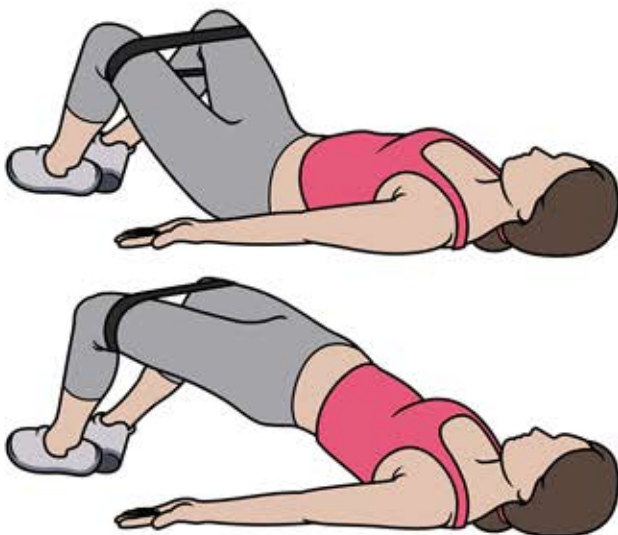
Squat halfway down, keeping your back flat and core engaged to activate the gluteus medius.

Take small steps to the left while keeping your hips level during the movement.

Do 8-10 steps then repeat going to the right side.

***This can also be done standing up straight as well.*

GLUTE BRIDGE



Loop the band just above your knees.

Lie flat on your back with your knees bent and the soles of your feet turned toward each other.

Raise your hips so your body forms a straight line from knees to shoulders, then drive your knees outward.

Pause for three seconds, then return to your starting position.

That's one rep. Repeat for 8-12 times.



SQUAT

Position the circle band above your knees.

Stand straight with your feet shoulder-width apart.

Bend your knees while keeping your body straight and not leaning forward.

Straighten your legs, going back to the standing position.

Repeat the movement in a steady pace. Do 15 to 20.

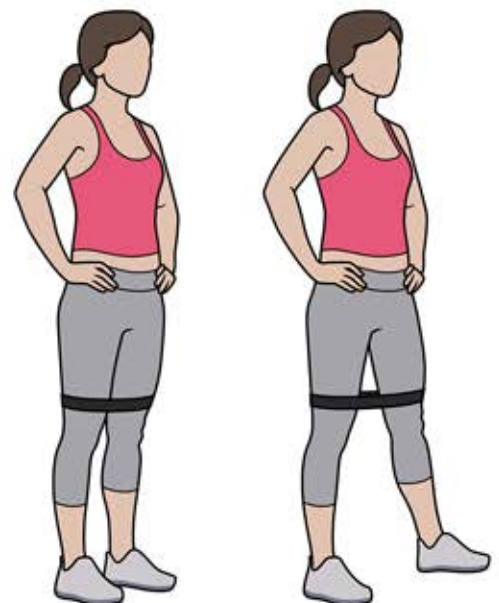
LEG LATERAL RAISE

Stand straight with the band positioned just above your knees.

Keep your legs straight as you raise one leg out to the side.

Lower it going back to the starting position and repeat 15 to 20 times.

*** Do the same number of raises with the other leg.*



FIRE HYDRANTS

Wear the band around both legs just above your knees.

Get on all fours with your hands under your shoulders and knees under your hips.

Keeping one knee on the ground, lift the other bent knee out to the side.

Slowly return to the starting position and repeat 15 to 20 times.

*** Do the same number of raises with the other leg.*



MARCHING GLUTE BRIDGE



Loop the band around your legs, above the knees.

Lie flat on your back with your knees bent and your feet hip-width apart.

Keep your left foot on the floor, as you engage your core and squeeze your glutes.

Simultaneously lift your hips toward the ceiling and pull your right knee toward your chest.

Slowly lower your hips, tapping your right foot and butt on the floor, and repeat.

Repeat the sequence on your other leg.

Perform equal reps per side.



CLAM SHELL

Place the band just above your knees.

Lie on your side with your knees slightly bent, one leg on top of the other.

Keep your feet together as you lift your top knee.

Hold for a second at the top then lower it back to the initial position.

Repeat and then do it with the other side.

