

Lower Body Exercises

Exercise Bands can build quality muscle in your legs without causing wear and tear on your joints. One of the downsides of doing legs exercises with other forms of tension is that you sacrifice your knees, hips and ankles for bigger muscles. With bands there are no sacrifices! You get the best of both worlds.

TIP: Always try pick a resistance band that your can do at least 10 -12 repetitions. Remember to keep your chest open and your shoulders down.

Lower Body Exercises

- | | |
|--|--------------------------------------|
| 1. Side Leg Lifts | 11. Hip Raises (Bridge Thrust) |
| 2. Straight Leg | 12. Kick Backs |
| 3. Flat Back Heel Presses Full Range | 13. Leg Extensions |
| 4. Squats | 14. Leg Curls |
| 5. Standing Hip Abduction | 15. Lateral Tube Walks |
| 6. Running Man | 16. Monster Walks |
| 7. Lying Hip Abduction | 17. Clamshell |
| 8. Lying Leg Raise | 18. Knee Lifts |
| 9. Standing Hip Extension | 19. 3-way Hip |
| 10. Side Squat Steps (Lateral Glut Walk) | 20. Lateral Hip Raise (Fire Hydrate) |

1. Side Leg Lifts



Lie on your left side on the floor. Loop the Cayman Fitness Loop Band around both ankles. Rest your head on your left arm. Brace your right hand on the floor in front of your chest. Without moving any other part of your body, raise your right leg as high as you can. Pause, then return to the starting position. Remember, your legs should be straight, with your right leg on top of, but just behind your left leg.

2. Straight Leg



Stand with your feet hip width apart. Place the Cayman Fitness Loop band around your thighs. Holding onto a chair with your torso bent forward, slowly extend your left leg back in line with your torso. Remember to keep your leg straight. Repeat this for desired number of reps and then switch sides.

3. Flat Back Heel Presses Full Range



Stand or kneel with your feet hip width apart and place the Cayman Fitness Loop Band around your wrists. Raise both arms to shoulder height fully extended, with your fists clenched. To complete the move, extend your arms out. It is important to keep good form and posture during this exercise. Repeat for desired number of reps.

4. Squats



Stand with your feet hip width apart. Place the Cayman Fitness Loop Band around your thighs. As you move into the squat position, push your knees out slightly. Once at the bottom, press through your heels to return to a standing position. Make sure to keep your back flat. Repeat this for desired number of rep.

5. Standing Hip Abduction



Stand with the Cayman Fitness Loop Band around your ankles. Raise your leg straight out to the side, as far as you can. Repeat this for desired number of rep, then switch sides. This movement can also be done while holding onto a chair or wall for stability.

6. Running Man



Place the Cayman Fitness Loop Band around your thighs. Stand with feet staggered, left in front of right, knees slightly bent. Bend elbows and raise right arm to shoulder height in front of you as you extend left arm behind you (as if you were running) [shown]. Jump up as you switch arms and legs. Jump back to starting position. Repeat this for desired number of rep.

7. Lying Hip Abduction



Lay on your side with your body in a straight line. Place the Cayman Fitness Loop Band around your thighs, just above the knees. Lift your top leg as high as you can and then lower it back down. Repeat this for desired number of rep, then switch sides.

8. Lying Leg Raise



Lay on your back with your arms to your side, and the Cayman Fitness Loop Band around your thighs. Keeping your right leg straight, lift up your leg as high as you and then lower it back down. Repeat this for desired number of reps, then switch sides.

9. Standing Hip Extension



Stand In a standing position, Place the Cayman Fitness Loop Band around the ankles. Stand on one leg, and extend the opposite leg back from the hips. Repeat for desired number of reps, then switch sides. This movement can also be done while holding onto a chair or wall for stability.

10. Side Squat Steps (Lateral Glut Walk)



Place the Cayman Fitness Loop Band around your ankles. Standing with your feet hip width apart. Keeping your torso up right and your hips pointed forward, take a step laterally to your right (1), and perform a squat (2). Once at the bottom, press through your heels to return to a standing position. Repeat (1) and (2) as your move laterally. Complete desired number of steps and then switch directions.

11. Hip Raises (Bridge Thrust)



Place the Cayman Fitness Loop Band around thighs just behind the knees. Lay with your back on the floor with your knees bent and feet flat on the floor. Open the knees so they're over the ankles, with some tension on the band. Brace the core and squeeze the glutes as you press the hips up into the air, then return to starting. Repeat this for desired number of reps.

12. Kick Backs



The kickback works your glute muscles as well as your hamstrings. Place the Cayman Fitness Loop Band around your ankles. Bend one of your legs back. Remember to stand with a straight posture and slightly bent knees. Slowly push your bent leg back behind you until the leg is straight and you feel tightness in your buttock and hamstring. Slowly return the leg to its bent starting position and repeat for desired number of reps. Then switch sides.

13. Leg Extensions



Place the Cayman Fitness Loop Band under your right shoe and the ankle of the left leg. Sitting on the floor with your elbows supporting your upper body and legs bent. Remember to keep your abdominal muscles tight and shoulder blades pulled together. To complete the move straighten and lift the left leg upward, pointing the toes towards the body. Keep the right foot positioned firmly on the floor. Hold and return to the start position. Repeat for desired number of reps , then switch sides.

14. Leg Curls



Place the Cayman Fitness Loop Band under your right shoe and the ankle of the left leg. Lie on your stomach with your legs straight and feet hip width apart. Fold your arms and rest your head on your hands. Press your hips into the floor. To complete the movement, bend the left leg and pull the heel towards your buttocks. Keep the right leg stationary and pressed firmly on the floor. Repeat for number of reps, then switch sides.

15. Lateral Tube Walks



Place the Cayman Fitness Loop Band around each ankle. Stand with your feet shoulder width apart. Stand up tall, squeeze your ab muscles, and tuck your pelvis. Place your hands on your hips, and step each foot out to the side just enough to feel a light tension on the cable. Maintain tension throughout the exercise. Step your right foot out to the side as far as you can and hold for one second. You should feel your right, outer thigh working, bring your left foot in toward your right while still maintaining light tension. Do not bring your feet close together. Repeat for number of reps, then walk back to where you started by repeating the exercises with your left foot.

16. Monster Walks



Place the Cayman Fitness Loop Band around both ankles. Stand upright, with your feet shoulder width apart. Remember to choose a resistance that will allow you to walk. Place your hands on your hips, and your upper body is straight, looking ahead. Your knees are slightly bent. To complete the movement, make a small diagonally step ahead and outwards. Next, do the same with the other side and make sure that there always is tension on the band - alternatively, you can do the exercise without moving forward, simply put the foot back after the step. Complete desired number of steps.

17. Clamshell



Place the Cayman Fitness Loop Band around thighs just behind the knees. Lie on your side with your knees slightly bent, keeping your legs and ankles together. You can rest your head on an outstretched arm during the exercise. Place your other hand on your hip, and then open and close your knees like a clam by lifting your top knee up until its parallel with your hip. Keep your feet together throughout the exercise, controlling your leg by tightening all of the muscles involved in the movement as if someone is pushing against your knee while you are pressing it up. Perform desired number of reps and repeat by rolling to the opposite side.

18. Knee Lifts



Place the Cayman Fitness Loop Band around your shoes. Stand with your feet hip width apart and your knees slightly bent. Place your hands on your hips, or hold onto a chair for stability. Remember to keep your hips square and abdominal muscles tight. To complete the movement, bend the right knee, lift the leg up and forward until the upper leg is parallel to the floor. Hold for 1 -2 seconds. Keep the left foot firmly on the floor. Perform desired number of reps and repeat by rolling to the opposite side.

19. 3-way Hip



Place the Cayman Fitness Loop Band around the lower part of your legs. Stand tall on the left leg with the right leg off the ground beside the left foot. Keeping your balance and torso still, move the right leg out to the side (1) and then back, now move the right leg back (2) and then return to starting position, lastly move the right leg forward (3) and then back. Repeat for number of reps. Then switch sides.

20. Quadruped Hip Abduction (Aka: Fire Hydrate)



Place the Cayman Fitness Loop Band around the lower part of your thighs, just above the knees. In a quadruped position, on all fours. Keeping your hips stable and pointed toward the ground, abduct your right leg out to the side. Repeat movement for reps. Then switch sides and repeat on the opposite leg. Remember to keep both feet flat on the ground, as well as the stationary leg stable.