

# RESISTANCE BAND LOWER BODY WORKOUT

16 Resistance Band Exercises to Build Strong Legs, Sculpt Glutes, Improve Hip Stability, Increase Mobility & Support Functional Lower Body Strength

## 1 Band Squat



Push your knees outward as you squat.

15 Reps

## 2 Glute Bridge with Band



Press knees outward while lifting hips.

15 Reps

## 3 Banded Hip Thrust



Drive through your heels.

12 Reps

## 4 Lateral Band Walk



Take slow controlled side steps.

12 Steps Each Direction

## 5 Monster Walk



Stay low while walking forward.

10 Steps Forward & Back

## 6 Standing Hip Abduction



Lift one leg sideways with control.

12 Each Leg

## 7 Standing Hip Extension



Press one leg straight behind you.

12 Each Leg

## 8 Donkey Kick



Press your heel toward the ceiling.

15 Each Leg

## 9 Fire Hydrant



Lift your knee outward slowly.

15 Each Leg

## 10 Bulgarian Split Squat with Band



Lower under complete control.

10 Each Leg

## 11 Reverse Lunge with Band



Step back while keeping balance.

10 Each Leg

## 12 Sumo Squat with Band



Keep your knees pushed outward.

15 Reps

## 13 Single-Leg Glute Bridge



Lift hips while keeping pelvis level.

10 Each Leg

## 14 Banded Good Morning



Hinge at your hips slowly.

12 Reps

## 15 Standing Calf Raise with Band



Rise onto your toes with control.

15 Reps

## 16 Wall Sit with Band



Press knees outward continuously.

30 Seconds