



2019 GMVA Band Program 1

Warm Up:

- A few minutes walking

Program:

Band just below knees, $\frac{1}{4}$ squat hold, lateral step back and forth
Big step, then back to shoulder width with control
10 steps each way alternating

Band just above ankles, with straight legs, pull 1 leg back using glutes
10 each leg NOT alternating

Band just above knees, lay on back, bridge up and hold. Now open knees as far as you can and slowly bring back to shoulder width. Stay up in the bridge position
15-20 reps

Band just above ankles, lay on side with straight legs. Lift top leg up and down with control
8-12 each leg NOT alternating

On all fours with band above ankles. Lift and straighten back one leg up and down
8-12 each leg NOT alternating

Warm Down:

- GMVA warm down exercises
- Trigger point through glutes and hip with the Point of Relief

