

BAND 1.0

Hyatt Training exercise guide



External shoulder rotation

Arms down at your sides, elbows bent to 90 degrees, hands in front of you. Hold a band in each hand and pull one arm away. Keep both elbows down at your side. Engage your core for proper posture and avoid arching your back. Two sets of 20 per arm.



Glute kick

Start with a band loop around each ankle. Keep your legs straight, bring one leg back against resistance. Keep an upright posture and have the leg movement occur at the hip. Two sets of 20.



High Knee

Put the bands around the middle of each foot. With an upright posture raise one leg straight up, bending at the knee and hinging the hip. Two sets of 20.



Abduction

Start with a band around each ankle with legs straight. Bring one leg sideways while keeping both legs straight then bring back to the starting position. Movement occurs only at the hip. Two sets of 20.



Posterior fly

Hold band in straight arms held at shoulder height. Keep both arms outstretched while pulling back away from each other. The movement is initiated by the muscles in your upper back; focus your energy there and not your arms. Two sets of 20.

[HyattTraining.com](https://www.hyatttraining.com)

1622 NW 15th Ave., Portland, OR 97209 Go@HyattTraining.com 503-313-4020