

BAND 2.0

Hyatt Training exercise guide



Bent row

Forward bend with one loop in hand and other loop around opposite foot. Maintain stable spine while pulling up against the tension. Small space between elbow and rib cage and drive shoulder blade towards spine. Return to full extension and repeat for 12 reps per side. One to three sets.



Scapula separator

Start by linking two bands together, grab at opposite ends with band lying along lap/waistband. Keep arms straight as you move the band overhead and to the low back/waistband on back side of body. Return to start and repeat for 10 full rounds. One to three sets.



Clam

Side lying with knees bent and resting slightly in front of hips. Loop band around top leg, just above the knee. Hold the loose end to the ground for resistance. Keep hips stacked vertically as you lift and lower the top knee against resistance, keeping the hips still and feet together. 20 reps per side. One to three sets.



Monster Walk forward

One band loop around each ankle. Start with a wide base and in a partial squat position. Keep legs wide and walk forward 10-20 steps per leg, then return with same mechanics but going backwards. One to three sets.



Monster Walk sideways

One band loop around each ankle. Start with narrow base and in a partial squat. Step lead leg wide against resistance, then pull trail leg in to match. Take 10-20 steps, then facing same direction return to start with other leg as the lead. One to three sets.

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