

# SYNERGEE®

## Mini Band Exercise Manual



### BEAR CRAWLS

Place the mini band around both wrists. Position yourself on all fours, placing your hands under your shoulders. Crawl forward and backward in the Bear Position, propelling yourself with your hands and the balls of your feet.



### GLUTE BRIDGE

Place the mini band around both your legs right above your knees. Lay on your back & bend your knees so your feet can be positioned flat on the floor, close to your butt. Place your arms palms-down by your sides. Push your knees out to add tension to the band. Squeeze your butt and bring your hips up to make a straight line from your shoulders to knees. Hold, then lower your hips back down.



### LATERAL LEG RAISES

Place the mini bands around your ankles. Lay on your side with your hips stacked and your legs straight & directly on top of one another. Support your head with a bent arm. Squeeze your butt, point your toes, and pull your top leg upwards by pushing up against the band. Hold and slowly lower your leg back to starting position, resisting the band. Perform the same number of reps on both sides.



### SQUATS

Place the mini band above your knees. Have feet shoulder-width apart. Engage glutes by pushing out against the band. Push your hips back and bend your knees. Lower into a squat, keeping your chest up, head in a neutral position, & feet tracking over your feet. Lower until your butt breaks parallel (i.e. goes lower than your knees). Stand up. Maintain tension on the band throughout.



### TOE TAPS

Place the mini band around your ankles. Have your feet shoulder-width apart and get into a quarter-squat stance. Keep one foot planted. With the other, point your toe and move it laterally, pushing against the Band. Tap your toe on the ground, then return to start. Tap laterally, diagonally back, or straight back from your body. Repeat with the other side.



### MONSTER WALKS

Place the mini band around your ankles or thighs (the higher the band, the easier the movement is). Have your feet shoulder-width apart and go into a quarter squat stance. Step forward and out to the side with one foot, and then the other. Monster walk = big steps. Move forwards and backwards, maintaining a slight bend in your knees and pushing out against the band.

