



Hip Resistance Bands

Thank you for purchasing the OZO Fitness Hip Resistance Band

You will feel like your leg day just got an upgrade

Try these sample exercises to get started

For product support visit us at www.ozofitness.com/hipband

To view workout videos, go to: www.ozofitness.com/Glutes



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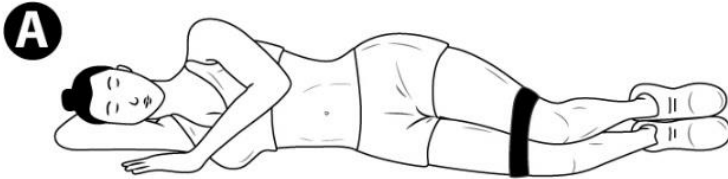
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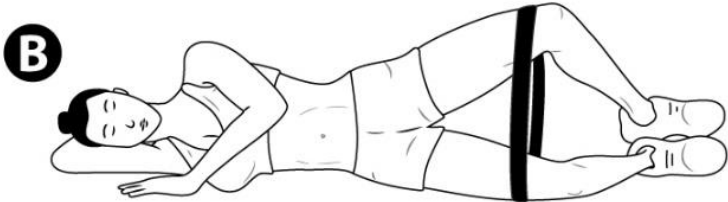
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Hip Band Exercises

Clam Shells

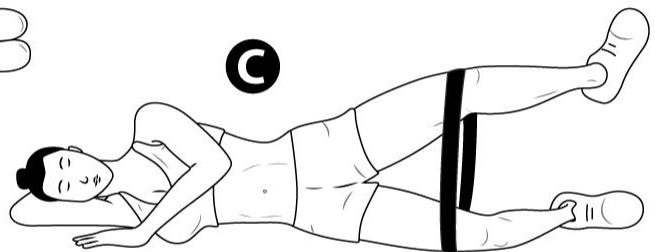
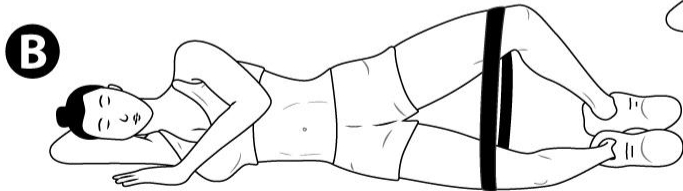
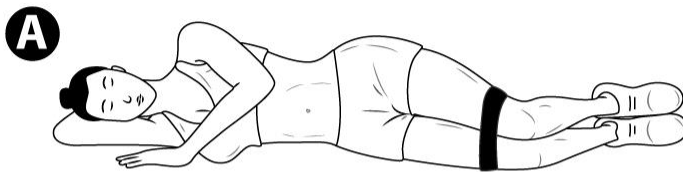


Lie on your side with the band above your knees. Position your legs in a 90-degree angle. Keeping your hips stacked vertically on top of each other, hinge at the hip to bring the knee of your top leg up, opening your legs 45 degrees like a clamshell making sure to keep your feet together throughout the movement. Perform the movement slowly.



Clam Shells with a Kick

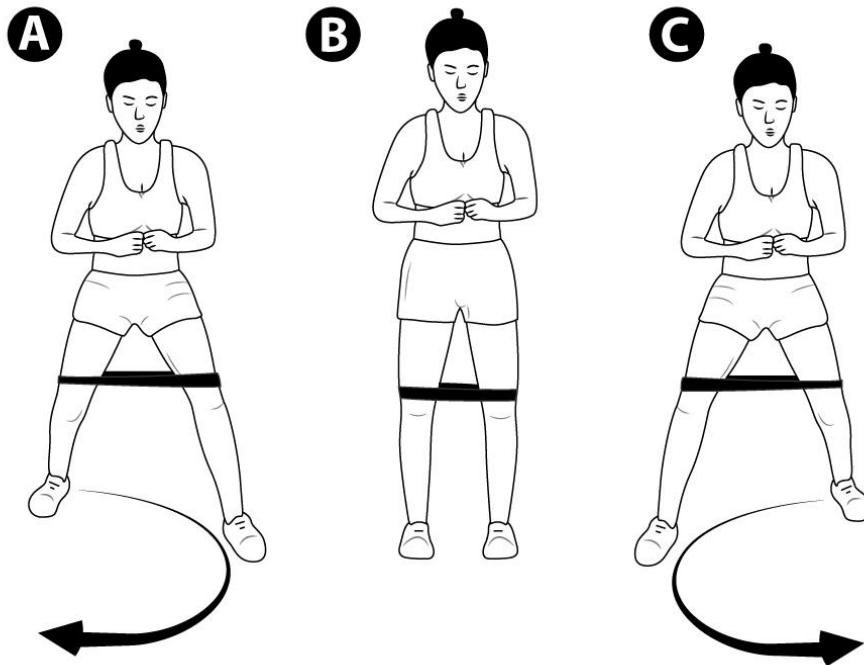
Same exercise as above with a twist. Do a regular clam shell once your legs are at a 45-degree angle kick out your upper leg and then retract it.



Monster Walk

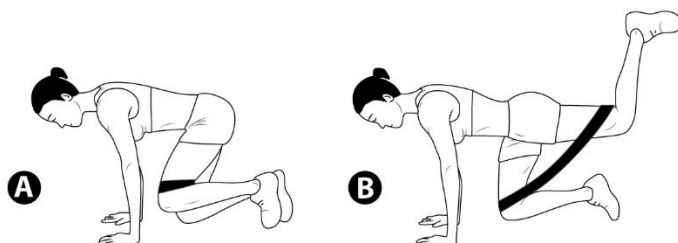
Place the band just above your knees. Avoid turning your knees inward. Instead push against the resistance. Draw a C with each step. Take a step diagonally out and forward, then follow with the other foot.

Then walk backwards, bringing your foot in, then out diagonally with each step

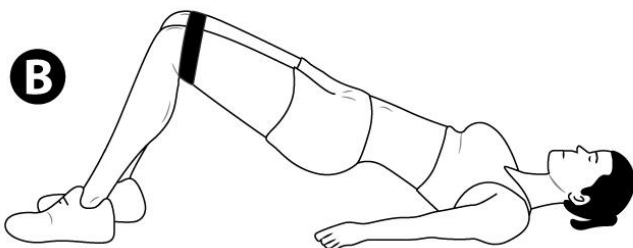
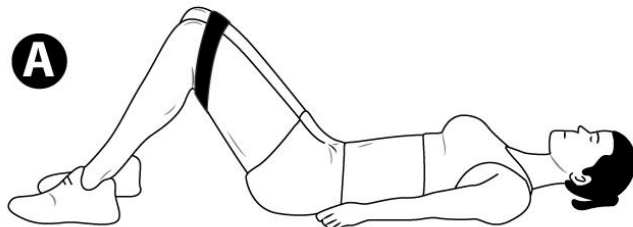


Reverse Leg Lifts

Place the band just above your knees. Get on your hands and knees; place your hands on the floor under your shoulders and your knees under your hips. Raise your left leg bent at the knee and squeeze your buttocks, drop the leg down 3 inches, then pump it back to parallel and lower to the ground. Don't arch your back, keep it straight.

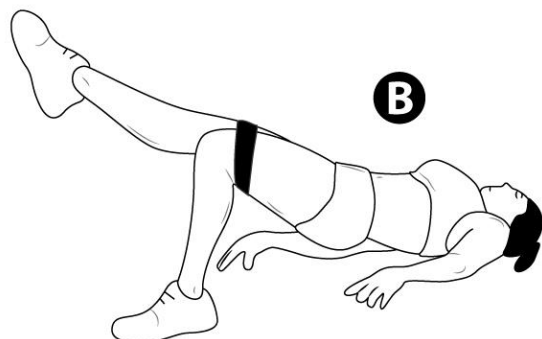
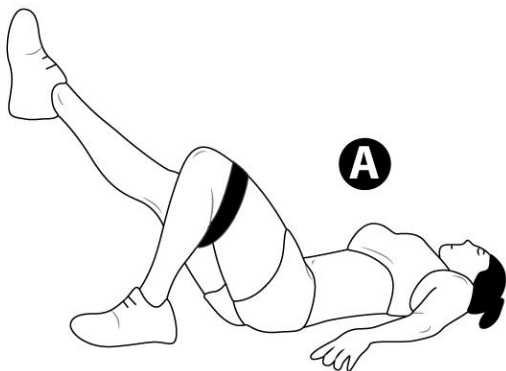


Yoga Bridges



Lie on your back with your knees bent and feet flat on the floor. Place the band just above your knees. Keep your arms at your side with your palms down. Lift your hips off the ground until your knees, hips and shoulders form a straight line. Hold your bridged position for a couple of seconds before easing back down.

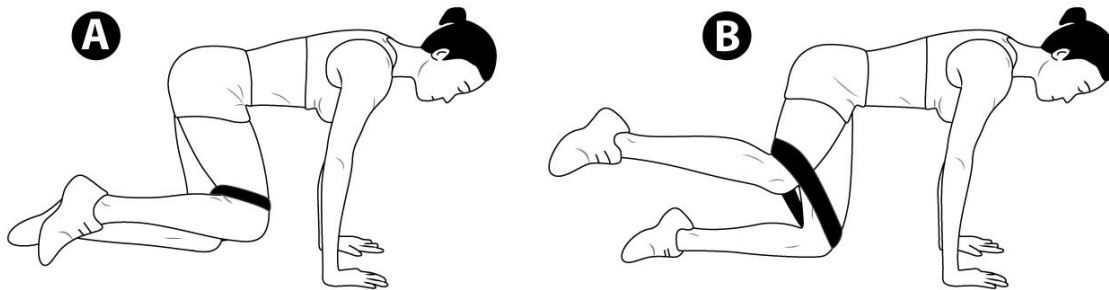
One-Legged Yoga Bridges



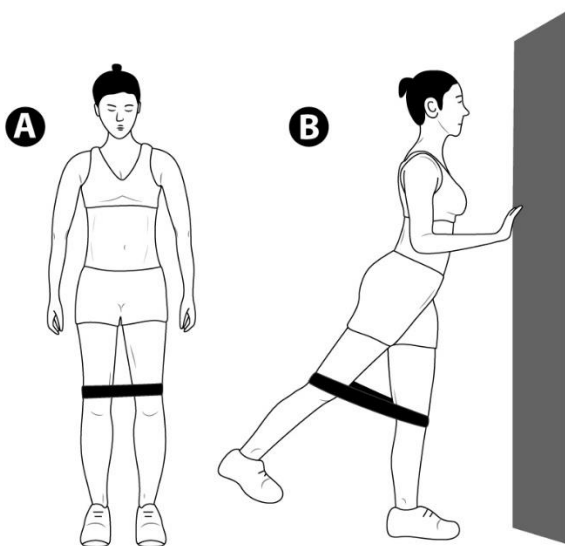
Lie on your back with your knees bent and feet flat on the floor. Place the band just above your knees. Keep your arms at your side with your palms down. Lift your hips off the ground until your knees, hips and shoulders form a straight line then extend one leg straight out. Lower yourself back down to the mat while keeping one leg extended. Raise and lower yourself off the mat.

Fire Hydrants

Get on your hands and knees; place your hands on the floor under your shoulders and your knees under your hips. Keeping the knee bent raise one leg up and out to the side. Do this movement slowly and don't worry about raising the leg all the way up. Keep your back straight.

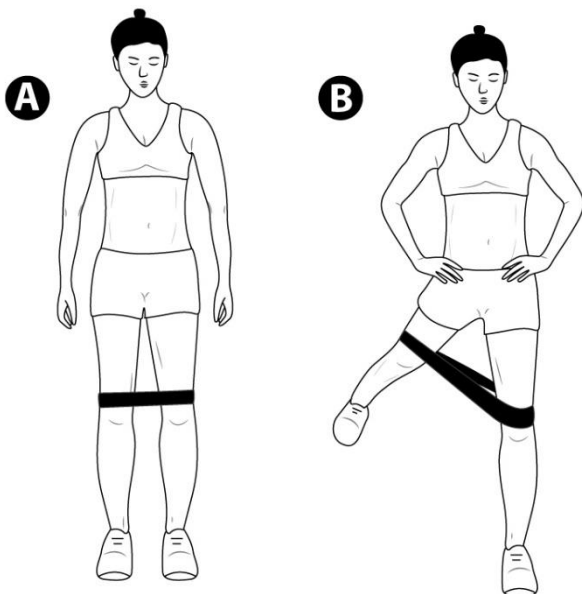


Standing Kickbacks



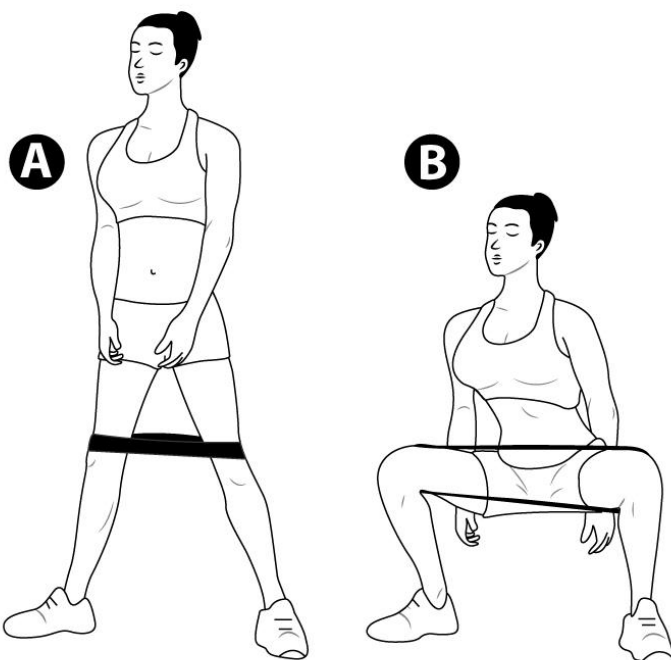
Place the band just above your knees. Stand with a slight bend in the knee, lift the other foot off the ground and kick it behind you. Keep the leg fairly straight and flex your foot with your heel down. Squeeze your glute as you lift. Do not rock forward to try to get the leg up higher. Height doesn't matter. Just focus on squeezing your glute and keeping your core tight, pull it back in halfway and push it back out again. Then lower leg and repeat

Standing Diagonal Kickbacks



Place the band just above your knees. Stand straight and slowly raise one leg diagonally, behind you (not directly behind you). Hold it there for 10-15 seconds, then slowly lower it.

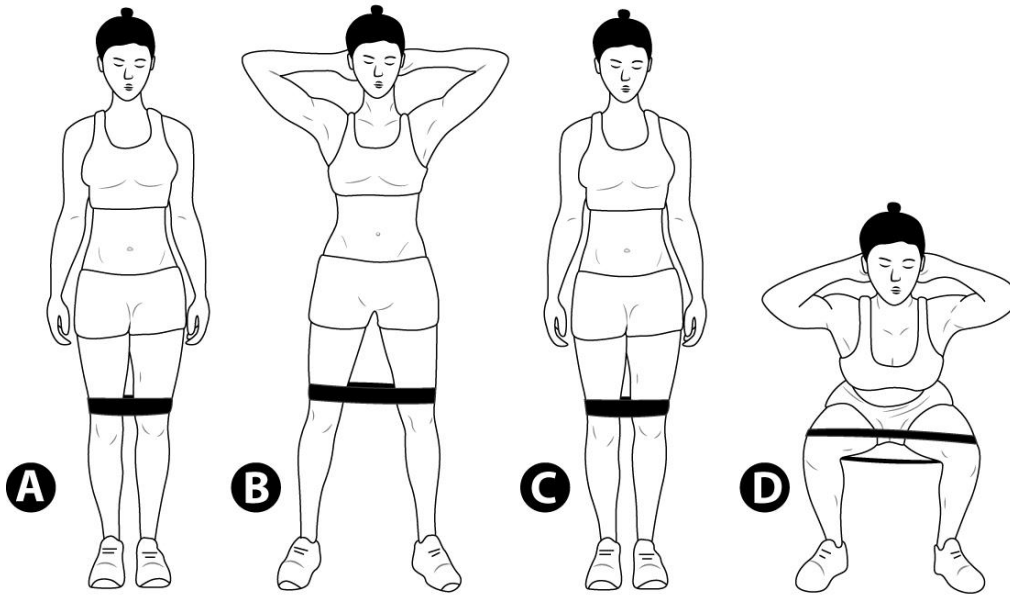
Sumo Squats



Place the band just above your knees. Stand with feet wider than shoulder-width apart and your toes slightly turned out. Push your hips back and **squat** down, keeping your chest up and knees out. Pulse 10 times lowering and raising 5 inches then rise back up.

Out & In Step Squats

Place the band just above your knees. Stand with a slight bend in your knees, press your knees against the band, step one leg out to the side then step your other leg back in, step out again and squat, and then back to standing.



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Safety Precautions:

Always consult your physician before starting any exercise program. Immediately stop and remove band should you experience any pain, discomfort, sharp pain, shortness of breath, light-headedness or dizziness with any exercises and contact your healthcare provider immediately. Do not continue and consult with a physician.

Never align the band toward your face or head. Avoid exercises that stretch the resistance band in a way that could cause it to snap toward the head potentially causing injury to the head or eyes. Resistance bands are not toys and are not intended for use by young children. The resistance band must be used appropriately and responsibly. Only use the bands in a way where they can be easily removed from your body on your own. These resistance bands are designed to be used only on your legs. Use of the products described in this manual can result in serious injury if used improperly. DO NOT overstretch resistance bands as they could break and cause injury. DO NOT attach them to stationary objects and pull against them.

It is a good idea to consult with a certified personal trainer to make sure you use proper form in your exercises.

Allergy Precautions:

Do not use if you are allergic to latex or cotton.



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