

Safety Instructions

- Do not go beyond the specified resistance range.
- Check for any damage or punctures prior to use.
- Gently hand wash the item using cold water.
- Refrain from using bleach and fabric softener.
- Rinse thoroughly and dry completely after washing.
- Avoid prolonged exposure to heat and direct sunlight.
- Fold the item neatly to prevent wrinkling.
- Store in a cool, dry, and well-ventilated area.

Hip Resistance Bands



Our high-quality resistance bands are the perfect tool to improve strength, effectively burn calories and enhance flexibility.

Exercise Guide



1 Lateral Band Walk

- Position resistance band above knees and stand with feet hip-width apart.
- Lower into an athletic stance and step to the left.
- Continue with small strides to the left and repeat on right side.



2 Squat Band Hip Abduction

- Place resistance band around both ankles and stand shoulder-width apart. Squat down.
- Shift body weight to left leg and lift right leg to the side as you rise up.
- Return to starting position and repeat with left leg.

3 Clamshell

- Lie on side with slightly bent knees and with one leg on top of the other.
- Keep feet together and lift top knee to parallel with hip.
- Lower knee and repeat before switching sides.



4 Fire Hydrants

- Begin exercise on all fours with band at mid-thighs.
- Engage core, squeeze glutes and lift right leg laterally with bent knee.
- Hold briefly and lower leg back down gradually.
- Switch legs and repeat.



5 Kneeling Glute Kickback

- Secure band midfoot on both feet.
- Assume proper alignment on all fours with wrists and knees aligned. Engage core, tuck pelvis, and keep back straight.
- Prop one leg on toes behind you, keep the other leg still.
- Tighten glutes and raise lifted leg as high as possible, maintaining a straight line.
- Gradually lower leg and repeat on each side.

6 Supine Hip Abduction

- Lie on your back with bent knees.
- Place band around knees and spread them apart, holding tension. Pause for 3 seconds before relaxing.
- Return to initial position and repeat.



7 Supine Bridge

- Lie on back with knees bent and hands by sides.
- Lift hips off mat, keeping back straight. Pause for 1 sec.
- Lower back to starting position and repeat until set is complete.