

Resistance Band Side Step



Description: Place the resistance band gently stretched beneath your feet. Cross handles in order to keep the tension. Take one small side step with the right foot, and then follow with the left. Continue this sequence for an equal number of steps per side.

****Tip:** begin with smaller, controlled steps. Increase the size of steps once you no longer reach fatigue within the recommended 10-12 repetitions.

Sets/reps: 10-12 reps for 2-3 sets.

Modifications: Increase the resistance by holding the hands up a little bit higher to lengthen the resistance band.

Common Mistakes: Performing the movement too quickly rather than slow and controlled side steps.

Target Muscles: Abductors, Gluteus Medius.

If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.

