STATIONARY OPTION

This exercise can be done without stepping.

- Keep one foot grounded with your knee slightly bent and shift your weight to that same leg.
- Lift the other leg upward towards the ceiling while turning your heel slightly outward.
- Lower your leg back down again.

Continue for 30 seconds then repeat exercise using opposite leg.

BANDED SIDE STEP

Starting Position: Start in a standing position with the strength mini-band placed around your ankles. Your knees, hips and toes should be in-line with each other.

1st Movement:
- Move to the right stepping one foot at a time.
- Keep your movements controlled and keep tension on the mini-band.

Continue for 30 seconds.

2nd Movement:
- Repeat exercise moving to the left.

Continue for 30 seconds.

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STRENGTHENING HIP COMPLEX

FAB

FOR FABULOUS POSTURE

5 EXERCISES, 5 WEEKS, 5 MINUTES A DAY

BANDED SIDE STEP

Strengthening Hip Complex

Starting Position: Start in a standing position with the strength mini-band placed around your ankles. Your knees, hips and toes should be in-line with each other.

1st Movement:
- Move to the right stepping one foot at a time.
- Keep your movements controlled and keep tension on the mini-band.

Continue for 30 seconds.

2nd Movement:
- Repeat exercise moving to the left.

Continue for 30 seconds.

FAB 5

FOR FABULOUS POSTURE

5 EXERCISES, 5 WEEKS, 5 MINUTES A DAY

BANDED SIDE STEP

Strengthening Hip Complex

Starting Position: Start in a standing position with the strength mini-band placed around your ankles. Your knees, hips and toes should be in-line with each other.

1st Movement:
- Move to the right stepping one foot at a time.
- Keep your movements controlled and keep tension on the mini-band.

Continue for 30 seconds.

2nd Movement:
- Repeat exercise moving to the left.

Continue for 30 seconds.

FRUIT BANDED SIDE STEP

Strengthening Hip Complex

Starting Position: Start in a standing position with the strength mini-band placed around your ankles. Your knees, hips and toes should be in-line with each other.

1st Movement:
- Move to the right stepping one foot at a time.
- Keep your movements controlled and keep tension on the mini-band.

Continue for 30 seconds.

2nd Movement:
- Repeat exercise moving to the left.

Continue for 30 seconds.
BASIC WALL SIT
Strengthening Core

Starting Position: Stand in front of a wall (about 2 feet in front of it) and lean against it. Slide down until your knees are at 90-degree angles and hips are even with knees. And your feet should be hip distant apart.

- Heels over ankles. Make sure weight is evenly distributed in your foot.
- Arms hang by your side. Head, shoulders and back are in constant contact with the wall.
- Hold this position for 1 minute.

THINGS TO REMEMBER
1. Don’t let your knees collapse inward or lean out.
2. Breathe
3. Abdominals braced.
T’s, W’s and Y’s WITH RESISTANCE BANDS
Strengthening Upper Body and Core

Starting Position: Wrap the middle of the resistance band around a stationary object at chest height. Back away from the object until the band is almost taut. Hold the band in front of you with a handle in each hand, palms facing in.

T’s
• Squeeze shoulder blades down and toward your buttock.
• Pull arms backwards to a “T” position.
• Return to starting position.
• Repeat for 20 seconds.

W’s
• Pull arms downward to a “W” shaped position. Add a slight rotation back with your shoulders.
• Return to starting position.
• Repeat for 20 seconds.

Y’s
• Pull arms upward to a “Y” position.
• Return to starting position.
• Repeat for 20 seconds.

THINGS TO REMEMBER
1. Keep your head in alignment with your shoulders.
2. Your knees should have a soft bend in them.
3. Hips should not flex or shift while performing this exercise.
FAB 5 FOR FABULOUS POSTURE
5 EXERCISES, 5 WEEKS, 5 MINUTES A DAY

T’s, W’s and Y’s - OPTION WITHOUT BANDS
Strengthening Upper Body and Core

Starting Position: Lie flat on the floor with your arms extended fully outward. Place a towel under your forehead for comfort.

**T’s**
- Position arms in a “T” position.
- Lift arms upward
- Return to starting position.
- Repeat for 20 seconds.

**W’s**
- Position arms in a “W” position.
- Lift arms upward
- Return to starting position.
- Repeat for 20 seconds.

**Y’s**
- Position arms in a “Y” position.
- Lift arms upward
- Return to starting position.
- Repeat for 20 seconds.
BASIC PLANK
Strengthening Core

Starting Position: First get into the pushup position, only put your forearms on the ground instead of your hands. Your elbows should line up directly underneath your shoulders. Palms down on the matt toes on the ground.

- Squeeze your glutes and tighten your abdominal muscles.
- Keep a neutral neck and spine.
- Create a straight, strong line from head to toes – a plank, if you will.
- Hold this position for 1 minute.

THINGS TO REMEMBER
1. Don’t let your hips sag towards the ground.
   Sagging hips makes the exercise initially easier, but it’s not a plank and it defeats the purpose of the exercise.
2. Look down at the ground. This is a good prompt for maintaining a neutral neck position.
3. When your form begins to suffer, pull the plug.
   You’re only benefiting from the plank by actually doing the plank.
   Even if you never progress (or choose to progress) to the other plank variations, the basic plank, performed properly, will be sufficient for developing good core stability.
FAB5 FOR FABULOUS POSTURE
5 EXERCISES, 5 WEEKS, 5 MINUTES A DAY

SIDE PLANK
Strengthening Core

Starting Position: Lie on your side and stack legs one on top of one another.

- Lift body off the ground and balance on one forearm and the side of one foot.
- Keeping abdominal muscles tight and shoulders relaxed.
- **Hold this position for 30 seconds.**

- Slowly lower yourself to the start position.
- Repeat exercise using opposite side.

**THINGS TO REMEMBER**
1. Don’t let your hips sag towards the ground.
2. Look straight ahead. Keep your head in line with your spine.
3. Your hips, heals, shoulders, and head should be evenly positioned as if your body has been placed between two panes of glass.

OPTION: SIDE HALF PLANK - KNEES BENT

- Lie on your side and stack legs one on top of one another.
  - Bend at the knees so that your lower legs are at a 90 degree angle from the rest of your body.
- Lift your body as done with a traditional side plank.

Continue for 30 seconds then repeat exercise using opposite side.