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From Warm-up To Workout

# MINI BANDS

blast  
FITNESS

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# WELCOME!

- Learn the benefits and limits of the mini band.
- Bring in yoga blocks to find a robust and still portable solution.
- Review basic hip anatomy and biomechanics.
- Get our sweat on in a full body class with a focus on hip and core moves with mini bands and yoga blocks.

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# BENEFITS + LIMITS

Benefits:

- Cost effective.
- Easy to transport.
- Effective for home use.
- Improves options for hip strengthening and stability.

Limits:

- Primarily use hip external rotation and hip abduction.
- Need a variety of band tensions for ideal loading.

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**STANDING/WALL EXERCISES**

Set #2

- 1A. Half Kneeling Torso Rotation at Wall
- 1B. Mini Band Squat at Wall
- 1C. Mini Band Wall Hinge w/ IR/ER

8

**STANDING/WALL EXERCISES**

Set #1

- 1A. Shoulder Prep with Mini Band
- 1B. Standing Hip Flexor March at Wall
- 1C. Standing Hip Extension at Wall

7

**WARM-UP EXERCISES**

- Childs Pose Extended Arm Breathing
- Block Rockbacks
- Lat Rockbacks
- Mini Band Big Toe Pronation Drill
- Internal + External Squats
- Mini Band Under Big Toe + Hip IR/ER at wall
- Standing Pelvic External Rotation + Internal Rotation

14

**THANK YOU!**

- Questions?
- Join me on social:
- Facebook: Blast Fitness With Lana
- Instagram: @blastgirl
- Web: [www.blastfitness.ca](http://www.blastfitness.ca)
- Email: [lana@blastfitness.ca](mailto:lana@blastfitness.ca)

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**FLOOR EXERCISES**

Set #3

- 1A. Clamshell with Mini Band
- 1B. Clamshell with ER/IR
- 1C. Clamshell IR lifts

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