



3 SQUEEZE BRIDGE

Works butt and hamstrings

Loop a band around thighs, just above knees, and lie faceup with knees bent and feet hip-width apart on the floor; extend arms at sides **[a]**. Squeeze butt as you lift hips **[b]**. Draw knees away from each other, bring them closer together again, and lower hips to starting position. Do 20 reps.



4 HIP EXTENSION

Works butt, hamstrings, and shoulders

Get on all fours with knees under hips and wrists under shoulders. Loop a band just above left knee and under right foot and raise right leg a few inches off the floor **[a]**. Extend right leg to hip height behind you **[b]**. Return to starting position; do 20 reps. Switch legs to complete set.



5 MERMAID / Works butt and outer thighs

Loop a resistance band around upper thighs and lie on left side with legs stacked. Bend knees 90 degrees, place left hand behind head and right hand on floor; lift feet to hip height [a]. Keep feet touching as you lift right knee as high as you can [b]. Return to starting position; do 20 reps. Switch sides to complete set.



6 WINDSHIELD WIPER

Works butt and outer thighs

Loop a resistance band around upper thighs and lie on left side with legs stacked. Bend left knee 90 degrees, and extend right leg; place left hand behind head and right hand on floor. Keep hips squared as you lift right leg as high as you can [shown]. Return to starting position. Do 20 reps, then switch sides to complete set.

