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Home Fitness Tips For MomsA key piece of exercise equipment, mini bands allow you to target your entire body in a low-impact way to help you sculpt and tone. Theyre easy to travel with, cost-effective, and a great tool to build strength. Use these mini band exercises to create a full body workout yourself, or grab the at-home workout at the bottom and start getting stronger today. Though many people associate mini bands as a tool for rehab, theyre so much more than that. Using resistance bands in your training program can help you build total body strength and muscle (learn more about the benefits of resistance bands). As a Certified Strength Coach, mini bands are one of the top 4 pieces of at-home workout equipment I recommend because theyre easy to use, budget-friendly, and take up little space. Plus, you can easily create a full-body mini band workout. Though learning how to train glutes has exploded the need for a mini band (check out this banded glute workout), there are so many other exercises and body parts you can focus on with this one tool. Jump To Personally, I recommend getting the variety pack when it comes to mini bands. For just ten bucks, you get a few different resistances so you can adjust and progress your exercises to keep you moving forward on your goals. They do wear out after time though,h so keep an eye on them after half a year and check for splits. Below you will find the top 20 mini band exercises that you can turn into a full-body workout. Or, put together an upper and lower body workout to split up your muscles on a 2-day workout split. All of the exercises are joint-friendly and help you to gain strength. Quick tip: Especially when it comes to at-home workouts, form comes first. Focus on SLOW and CONTROLLED repetitions. Dont just speed through the movement. You want to really notice yourself engaging the muscles involved. This is the secret to serious strength gains. A few resources for form: Before getting started you may want to give these a read or watch so that youre comfortable with the basic exercises. Below are exercises that target the chest, back, shoulder, and arm muscles all with just a mini band. Mix and match a few of them with lower body exercises to create a full body workout,t or choose 5-7 and make a focused upper body training day. Grab a green mini loop and stand in a staggard archer stance (right foot back, left foot forward). Knees bent slightly, standing upright. One leg straight and the other on the ball of the foot, and bent slightly. Hold the mini loop in your hands and straighten the left hand in front of you. Thinking of pulling back a bow as you pull the mini loop back with the right arm and bring the hand towards the chest. Make sure the shoulder is down and in. Return to the starting position.Wrap the mini band around your hands and place your hands right outside and slightly behind your shoulders. Widen your hand a bit to stretch the band. From a plank position slowly lower toward the ground, keeping tension on the band. Push back up and repeat. Know that the mini band can be wrapped below the elbows around the forearms as well to help improve strength and push up form. Stand tall and hold a green mini loop with your right hand on your left shoulder. The other part of the loop should be in the left hand. Keeping the shoulder in the same spot, extend the left elbow and push the band down and behind. Pause and return to the start position. Stand tall and hold a strength band or mini loop above your head in your hands. Keep your right arm up to keep tension on the band as you pull the left arm down towards the chest driving your elbow down into your back pocket. Reverse the movement and perform all repetitions on one arm before moving on to the next.In a bentover position with a flat back, hold the mini band in your hands with your arms straight. Keeping one arm down to place tension on the band pull the other elbow back into a row against the band. Move through the shoulder and not just the bicep. Pause and return to the starting position before repeating on the other arm.Stand tall and wrap the mini band around your wrists or hold one end in each hand. Keeping a 90-degree bend in the elbow, raise the elbows up and out to the side to bring it up toward the shoulder. Pause and bring it back down to your torso. Come into a half kneeling position with the resistance band under the front knee and around the foot. Place the same side elbow onto the front knee holding the resistance band. Keep a heavy tension on the band as you curl up to your shoulder. Pause for a bicep squeeze and slowly lower. Stand tall with your feet flat on the floor and hold a red strength band in your hands with palms facing down. Keep the elbows slightly bent as you open up the arms driving the side of your hands backward and feeling your shoulder blades together behind your back. Make sure not to row the elbows backward but instead, open up the arms. Do not lock out the elbows.From a standing or kneeling position, start with a tall back, elbows at your sides, hands at your shoulders, and a mini band in both hands. Holding one hand at your chest to create tension on the band, press up with the other arm, straightening the elbow and keeping the bicep close to the ear. Pause and return the arm to the chest, and repeat all repetitions before performing it on the other side. Wrap a mini band around both hands and come into a plank position. Maintain your plank as you one by one tap each hand out to the side. Or, you can turn this into a lateral walking plank by moving three steps to the side against the band and then back the other way, as shown in the video below.Begin in plank position with your hands on dumbbells and your feet hip width apart. Start with the left arm as you row the dumbbell up to the chest. Pause briefly and keep the shoulder away from the ear. Slowly lower the dumbbell back to the floor and repeat on the other side.Stand tall with your arms overhead and the mini band in either hand or looped on the wrists. Create tension by pulling out to the side slightly before bringing the elbows down and hands behind the head. Think of your shoulder blades moving down on your back. Pause briefly and slowly extend the arms back up and repeat.Stand tall with your arms bent and by your ribs, hands out from your stomach with the mini band wrapped around your wrists. Keeping your elbows by your sides, rotate your hands from directly in front of you to outwards. Bring them back in and repeat. You should feel this in your shoulders. Begin on your belly with a mini loop wrapped around your wrists. Squeeze the glutes and raise your legs and arms off the floor. At the top of the position, drive out against the mini loop and pull your arms towards your chest. Release the pull and then release the raise position. Below youll find my favorite mini band exercises for the glutes, hamstrings, quadriceps, and adductors. There are so many to choose from when it comes to training legs that you have a lot of room to play here. Remember that for lower body, especially the mini band, adds tension, and the basic exercise should be mastered before adding the loop.Have feet shoulder width (roughly apart) with the band around your legs above or below the knee. Initiate the movement by pushing the hips back slightly. Bend the knees and begin lowering the hips toward the floor while driving out against the band. Keep the chest up, the neck neutral, and do not over-arch the low back. Keep the heels on the floor. Drive the knees out and push up through the feet evenly as you reverse the movement and bring your body back to a standing position. Lying on your back, bend your knees and bring your heels close to your bum. Feet shoulder-width apart roughly. Wrap the band around the legs above the knees. Push through your heels and lift your hips by squeezing the glutes. Do not excessively arch the lower back. As you lift drive your knees out against the band. Pause at the top for three seconds with a maximum glute squeeze before releasing the tension and bringing the hips back to the starting position. Lay on your right side with your knees bent and feet together. Hips and shoulders in one line, and the right arm under the right shoulder. As you raise up into side plank position and lift the hips off the ground, raise the left leg up using the left glute. Keep the knee bent and flex the left foot. Pause and return to the starting position. Come into a reverse table top position with your feet below your knees, hands behind your back, and the mini band around your legs above your knees. Lift your bum off the ground and squeeze the glutes. Hold the top position while you lift one leg at a time in a march. Come into a tabletop position on all fours with a mini band wrapped around he knees. Keeping the knee of the working leg flexed the core strong and engaged (you need to have mastered bird dogs for this), move through the hip as you raise the foot towards the floor. Do not let the low back drop and make sure to keep the knee bent. Return the knee towards the floor by releasing the tension in the glute.Come onto all fours in a table top position with a mini band looped around your legs above the knees. Keep a stable low back and a bend in the knee of the working leg as you abduct/bring the knee up and out to the side against the band. Pause and return to the starting position. Lay on your right side with your legs stacked and knees slightly bent. Make sure your shoulders, hips, and heels are in one line. Place your top hand on your top hip. Keeping your heels together, squeeze your glute while opening up at the knees. Release the squeeze and return the knees to meet each other. You should feel the muscles under your hand contract. Sit on the floor with your legs out in front in a straddle position. Wrap the mini band around one foot and hold it in the same hand by your hip. Lift the working leg and bring it into your midline against the band. Pause and bring it back out to the side. Repeat all repetitions on one side before the other. Stand upright in a comfortable position with the mini band around the legs above the knees. Step the left foot back and across the line of the left leg. Lower the knee toward the floor while hinging slightly at the hips. Keep the foot of the right leg fully on the floor. Push through the right foot and return the left foot back to the starting position. Come into a a half kneeling position with the mini loop wrapped around the back foot and held to the opposite shoulder, knee up. Press the back toe toward the floor against the mini band. Pause. Return to the starting position. Come into a plank position and wrap the mini band around your feet. Maintain the plank as you bring one foot up toward your chest against the band. Pause and return it back to the plank position, and then come in to the chest with your other foot. Continue alternating. Sitting on your bum with your elbows on the floor, back behind you, wrap the mini band around your feet. Lift the bum off the floor with your glutes. Slowly alternate bringing one knee into your chest against the band, and then move right into the other. Lay flat on your tummy with legs extended out behind you. Place the mini band around one foot and the ankle of the working leg. Pressing one foot into the floor, curl the heel of the working leg toward your bum. Pause. Reverse the movement slowly and with control. Perform the remaining repetitions before switching legs. Sit on the floor with one leg out straight and the other with the knee bent and foot close to your bum. Wrap the mini band around the foot and hold the other side of the band in the same hand by your hip. Lift the working leg while keeping it sentered and move against the band to kick in front and straighten the leg while keeping the heel off the floor. Pause and return the foot toward the body before repeating. Place the mini band above the knees. Stand tall and raise one leg while keeping the other one bent. Keeping the torso facing forward, externally rotate the leg by bringing the knee out to the side against the band. Return the knee to the center and repeat. Use the other glute muscle to stabilize the hip in the one-leg stand. Wrap a mini band around your feet and stand tall holding a dumbbell overhead or at chest height. Keep your posture as you begin to high-knee march against the band. Pause at the top briefly before lowering the foot. Place the band right below the knees and sit up tall on the couch (or chair or bench) with feet on the floor. Take the feet slightly wider than hip-width and let the knees cave in slightly. Keeping the feet on the floor, squeeze the glutes and drive the knees out against the band. Pause and release the movement. Stand upright with the band wrapped around your ankles or bridge of the feet. Hinge forward slightly taking the weight into one leg while the other foot taps out against the band in front of you to the side, and behind you at an angle. Keep repeating the three way tap with one foot for the time listed before performing the exercise on the other side. Standing upright you can place the band around the top of the knees, below the knees or over the shoelaces for different tensions. Hinge forward slightly keeping your weight pushed backward and a flat back. Stand on one foot as you move the other foot sideways using your glutes to push against the band. Step down and continue this process one way before completing the same motion on the other side. Wrap the mini band around your feet and hinge by pushing the hips back and grabbing the band. Holding the mini band, engage the back of the legs while keeping the back flat as you bring your torso back up to an erect position against the band. Squeeze the glutes. Slowly reverse the movement, feeling a stretch in your hamstrings. Stand tall and wrap the mini loop around one foot. Hold the other side of the band in the opposite hand. Start to hip hinge (bend at the hips while pushing the hips back) and lift the nonworking leg. Come to the bottom of the position with a flat back and a stretch in the hamstrings before contracting the back of the leg and reversing the movement. If youre struggling with balance, you can do this in a wall-supported single-leg deadlift. Set up in lunge position with the left leg elevated on the bench and the right knee over the heel. Place the mini band around the foot of the working leg and in the opposite hand. Hinge forward slightly (to create more tension on the back of the body: glutes) as you push backward and drop the left knee towards the floor while keeping the right knee facing forwards. Squeeze the glute of the right leg as you push through the heel to reverse the movement and extend the hips to the starting position. Perform all repetitions on the right leg before moving on to Want to get stronger and finally see results? SMASH Fit For Life is a quick, strength-based program designed for busy moms. Giving you new workouts every four weeks, delivered straight to your phone so you can train anytime, anywhere. Start with a free 7-day trial and see how good it feels to follow a plan that actually works. The glutesIt is a muscle group that many of us want to work on forwellaesthetic reasons. Whether we want to make it bigger or smaller, rounder or firmer, most of us want to change it.It is also a muscle group that most of us SHOULD be giving more attention and love to because it isnt firing as efficiently or effectively as it should be!When our glutes are underactive, we may not be getting the full benefit of all of those squats and deadlifts and lunges we are doing!Ever noticed your quads seem to grow but your glutes dont change?Or maybe youve noticed that you all too often only feel your lower back and hamstrings working NOT your glutes?When our glutes arent firing efficiently, we recruit other muscles to carry the load. Not only does this mean we arent actually WORKING our glutes as well as we could beso all of those moves we are TRYING to do to change them arent going to pay off, but we also increase our risk of injury because other muscles, that really cant handle the load, take over.That is why it is so important to get your glutes activated and firing BEFORE your lifting session, runs or rides!Here are 10 Mini Band Moves to get your glutes activated and help you build a better, stronger!, butt. These moves will work your butt from every angle to get your glute maximus and glute medius working especially! 10 Mini Band Moves You Should Be Doing To Activate Your Glutes1. 3-Way Seated Abductions This is a great move to target your glute medius and even hit different aspects of the muscle. Small adjustments to the exact amount of HIP FLEXION we sit in can not only impact HOW we work the muscle, but even how well we are personally able to activate it.While you want to try to use all 3 positions, if you only feel your glutes during one, or even two, of the postures, start with only those until youre able to feel your glutes working during all three! You may even find by simply starting with the one you feel the most, you are then able to feel your glutes during the others!To do 3-Way Seated Mini Band Abductions, place the mini band right below your knees and sit on a bench. Start by sitting toward the front of the bench so you can lean back and put your hands on the bench behind you. Place your feet about hip-width apart.Then press your knees open against the band as you lean back. Your feet may rock open but focus on using your glutes to press the band open with your knees. Do not let your knees cave in as you come back to the starting position. Complete all reps then move to sit up nice and tall.Sitting nice and tall repeat, pressing out with your knees so you feel your glutes working. After completing all reps, lean forward and repeat the movement. You can hold on the bench outside your legs to lean forward or just lean over even lightly resting your arms on your legs.Complete all reps in each of the 3 positions. Make sure youre really focused on pressing your knees out to feel your glutes while controlling the band back in. To reduce tension, you can start with a lighter band or put your feet slightly closer together, but make sure there is tension on the band even in that starting position.2. Mini Band Glute Bridges Using the mini band during glute bridges is a great way to activate your glute medius, which in turn, can help you better activate your glute maximus. If you struggle to feel your glutes during the basic bridge, add the mini band!To advance the basic two leg glute bridge move, you can do a single leg glute bridge. Only do the single leg glute bridge if you can get your hips up as high as you did during the two-leg glute bridge. If you struggle to control a full range of motion, you may even do an 80/20 version.This 80/20 version is a great way to get the unilateral benefits of a single leg bridge BUT with an assist from that other leg to reduce the resistance.To do the 80/20 Glute Bridge, place a mini band right below your knees and lie on your back with your knees bent and feet flat on the ground. Then slide one leg out and away a bit from your butt and lift your toes. This foot should be about at the instep to toe of your other foot. Bend your elbows to 90 degrees and drive your upper arms into the ground. Posteriorly tilt your pelvis if needed then bridge up.When you bridge up, you will be driving primarily off the foot flat on the ground, using the other foot for assistance so you can make sure to feel your glutes driving the move. Make sure your hips, knees and ankles all stay in line as you bridge up and lower down. Do not let your knees cave in with the band. Press out against the band the entire time.Lower down and repeat the bridge on that side until all reps are complete. Then switch and move the other foot out, driving only through the heel so you can focus on bridging with your other side. This variation can help you make sure you can properly perform a more unilateral bridge!3. Mini Band Hip Thrusters Another great bridge to include to improve your hip extension and activate your glutes is the Hip Thruster using a mini band. AND if youre looking to include more weighted glute work into your routine, try a mini band hip thruster WITH a barbell even!To do Mini Band Hip Thrusters, place the mini band right below your knees to make it harder and right above to make it easier. Lie with your back on a bench and feet about hip-width to shoulder-width apart. Press out on the band. Dont let your knees cave in.Then bridge up, driving through your heels and upper back on the bench. Make sure to press out on the band as you bridge up. Keep your abs engaged with a pelvic tilt so you dont hyperextend your back at the top. Pause and engage those glutes then lower back down and repeat. Even slightly tuck your chin to look down at your knees to help engage your abs more.Feel your glutes working and do not let your knees cave in at any point. Keep constant tension on the band.4. Side Shuffle This is an oldie, but goodie! You dont need to get down on the ground and it will get your blood pumping as you activate your glute medius. Just make sure your TFL or Tensor Fasciae Latae doesnt take over!! If you feel yourself constantly rubbing the front sides of your hips and NOT the side of your butt, it may be time to adjust this move. If you have issues with an overactive TFL, these tips will help as the TFL can be a nasty little sucker!To do the Mini Band Side Shuffle, place the band around both legs. If you place right below or above your knees, the move will be easier. This placement is key if you do feel your TFL compensating! If you place it around your ankles, or even your feet, the move will be more difficult.Set your feet wide enough apart that there is tension on the band. Both of your feet should both be pointing forward and your feet should be parallel. Step laterally, out to the side, with one foot and then step in with the other foot, bring that back foot toward your front foot without losing tension.Always keep tension on the band when you are stepping and dont let the feet come together. Every time you step, try to step as far apart as possible to really work the glutes, BUT do not do so at the expense of your knees caving in. Do not drag the back foot when you step back in. Also try not to rock as you shuffle.5. Monster Steps This is another staple movement that is perfect to pair with the Side Shuffle. It will have you grabbing your glutes because theyll BURN!To do Monster Walks or Steps, place the band around both legs. Step out wide so your feet are between hip-width and shoulder-width apart. You want to really put tension on the band.Step forward and slightly out to the side with one foot. Then step forward and out to the side with the other foot. You want to take big monster steps, keeping your feet as wide apart as you can while moving forward. Do not waddle though. You want to keep your hips facing forward and really step.Then walk backwards in the same manner. You can do both a low monster walk (more of a squat) and a straighter leg monster walk. The squat will NOT work your glutes more but can add in more quad work if you want.Ready for some amazing Booty Burner activation series using these moves? Check out my 28-Day Booty Burner Challenge! All workouts are under 10 minutes!6. Lying Jacks Work on your hip extension as you activate your glute medius. Make sure that as you work to extend your hips and engage your glute maximus that you do NOT let your lower back compensate!While just another abduction move, its a different position than the seated variations or even that basic clam move. So not only can we target a different aspect of the muscle, but we can make sure our glutes are strong through a full range of motion!To do Lying Jacks, place a mini band right below your knees and lie face down on a bench with your hips right on the edge of the bench. To make the move easier, place the mini band above your knees. To make it harder, move it down toward your ankles.Then engage your glutes to lift your legs up to about parallel to the ground with your legs together. Press your hips down into the bench and make sure that you dont hyperextend your lower back. Better to have your hips slightly flexed and legs below parallel then to arch your back just to keep your legs up higher.Holding this position, press your legs open against the band and feel the outside of your glutes working. Then in a controlled fashion, bring your legs back together. You can change the range of motion, bringing them all the way back together or pulsing at the end range of motion for even more of a pump.If you feel your hips trying to engage you can rotate your toes slightly in or even try squeezing your butt to raise your legs up a bit as you press open.7. Two-Way Taps This is a great way to activate your glutes without getting down on the ground. Its perfect too if you have knee pain and want to work your legs while avoiding a ton of active knee flexion. Also, if you have any imbalances, this unilaterally focused move is the perfect way to work to correct them!Another added bonus is that it is both a lateral raise and a kickback movement!To do Two-Way Taps, place a band right above your knees and stand with your feet no more than a couple of inches apart. You just dont want the band to slide down.Bend your knees and hinge slightly at the hips to push your butt back as you sink into a very little squat. Do not round over. You are just engaging your legs but not trying to sink to parallel.Then shift your weight onto one leg. Extend the other leg back behind you, reaching the toe back as far as you can as if you are going to lunge back. Do not shift your weight from that standing leg. You can just barely touch the toe behind you, although you dont want to rest any weight on that back leg.Bring the foot back in and, very briefly tap the toe before reaching that leg out to the side. You will tap your toe lightly, but you dont want to shift your weight onto that leg. Make sure as you reach out to the side, you press out against that band.Then bring the leg back center and place the foot down to switch to the other side, first touching back before tapping out to the side.8. Mini Band Reverse Hypers Reverse hypers are an amazing hip hyperextension exercise that work your glute max. By adding in the band, you can also engage your glute medius and help yourself better activate your glutes if your lower back tends to want to take over during this exercise!To do Mini Band Reverse Hypers, place a band right below or above your knees. Lie face down on a bench with your hips right at the edge of the bench. Grab onto the bench and place your heels together and toes turned out.While you dont need to externally rotate your hips, this can help with glute activation. Just be careful with this if youve struggled with piriformis issues in the past.Bend your knees, bringing them in toward the bench, pressing out against the band.Then kick your legs out, driving your heels toward the wall behind you as you press your hips down into the bench.Press out on the band as your legs go straight. Squeeze your glutes to extend your hips then bring your knees back in and repeat. Press out on the band as you bend your knees.Press your hips down into the bench and focus on extending your hips, using your glutes. Do not let your low back take over.9. Mini Band Quadruped Straight Leg Lifts Quadruped moves are a great way to work your core as you activate your glutes. And this unilateral move will allow you to target each side independently to correct any imbalances. Remember, if you have pain on one side, or a previous injury on one side, you may need to do IMBALANCED REHAB to address it!To do the Quadruped Straight Leg Lifts, place a mini band around the foot you will keep flexed on the ground and the ankle of the leg you are going to work. Set up on your hands and knees with your knees under your hips and your hands under your shoulders. Your feet should be flexed.Straighten the leg with the mini band around the ankle out behind you. Keeping your foot flexed, lift your straight leg up toward the ceiling. Squeeze your glute and lift your leg until it is parallel to the ground. Only lift higher if you feel your glute working and not your low back. Lower the leg back down to the ground and repeat. Lift the leg straight up and squeeze the glute at the top.Hold for a second or two and repeat. Complete all reps on one side before switching. Make sure to keep your hips square to the ground as you lift. Also, do not bend your arms.10. Mini Band Side Step Squats Work your glutes as well as your legs with this squat variation. Especially if you struggle to engage your glutes during squat movements, this can be great move to include before using weights.This move will also really get your blood pumping, which makes it an ideal exercise to use in your warm up!To do Mini Band Side Step Squats, start standing tall with the mini band right below your knees and your feet a few inches apart. To make the move easier, use a lighter resistance or place the band above your knees. Then step out to one side so your feet are about shoulder-width apart and squat down. Make sure to sit back and keep your chest up. Make sure you also press out against the band. You dont want your knees to cave in.Squat down then stand up and step your feet back together. Then step out to the other side and squat down. Alternate stepping out to each side and squatting down. Do not step out too wide and make sure to press your knees out against the band.Ten great moves to help you get great glutes! All you need is a small little $3 mini band. Here are themini bands I used for these moves.These moves can be used as part of a great warm up for your leg day workout or as a workout all on their own!If you dont have much space for at-home workouts, mini bands are going to be a key piece of fitness equipment. And there are tons of mini-band exercises you can do to make sure you hit every muscle in your body.Mini bands are super convenient, you can take them anywhere, and they barely weigh anything, ACE-certified personal trainer Sivan Fagan, owner of Strong With Sivan in Baltimore, Maryland, tells SELF. Plus, theyre low impact, so theyre great for someone coming back from injury.That doesnt mean mini-band exercises are easy, though. Mini bands, like other kinds of resistance bands, work your muscles differently than free weights do. They increase time under tension for your musclessomething important for building musclesince they must stay engaged the entire time, says Fagan.The more you stretch the bandsay, when youre at the top position of a single-arm row, where your elbow is just beyond your sidethe harder the exercise will feel.Yep, you can work your upper body with mini bands too. While many people think of mini bands as a tool for warming up or activating their glutes and getting in a good lower-body workout, mini bands can also be used for upper-body moves.You can get in a full-body workout with mini bands by making sure youre incorporating the main movement patterns, says Fagan. The full-body mini-band workout below does just that: It includes a squat pattern, a hip-hinge pattern, hip abduction (moving your legs away from your body), an upper-body push, and an upper-body pull. It also includes core work and some accessory movements, like shoulder external rotation, to work the smaller, stabilizing muscles that can help you lift weights safely.This mini-band workout below will not only strengthen your entire body, but since its performed in a circuit fashionno rest between movesitll get your heart pumping, which provides cardiovascular benefits too, says Fagan.Heres what you need to get started.The WorkoutWhat you need: A couple of pairs of mini-bands with varying resistances. You can use light mini bands for moves that work smaller muscles (like the shoulder external rotation) and heavier mini bands for moves that work larger muscles (like the glute bridge and squat). (Many mini bands, like the set here, come with four or five bands of varying resistance.)The ExercisesGlute bridge with abductionSide-lying abductionSquatClock tapGlute kickbackLat pulldownPlank jacksOverhead pressSingle-arm rowShoulder external rotationDirectionsComplete each move for 45 seconds (for single-arm or single-leg moves, do 45 seconds per side), trying not to rest between moves. At the end of the circuit, rest for 12 minutes. Complete 23 rounds total.Demoing the moves below are Hejira Nitoto (GIFs 1, 2, and 5), a mom of six and a certified personal trainer and fitness-apparel-line owner based in Los Angeles; Angie Coleman (GIFs 3, 6, 8, 9, and 10), a holistic wellness coach in Oakland, California, helping people find balance and a personal connection to movement; Crystal Williams (GIF 4), a group fitness instructor and trainer who teaches at residential and commercial gyms across New York City; and Salma Nakhlawi (GIF 7), the founder of StrongHer Girls.In todays video, we will go over some great exercises to do on an airplane or at home on the couch to help activate muscles and reduce anxiety + boredom. I do these every 1-2 hours on an airplane or when I am at home, Ill do them for a few minutes while watching a show. Its amazing what just a few minutes can do for you. Youll definitely want to get this Upgraded Mini Band so you can do these exercises and for your workouts! Heres the video. The Exercises: -Seated Clams -Shoulder Rotations -Kick Backs -Side Raises -Shoulder Complex A mini-band, also known as a resistance band or loop band, is a small, elastic band commonly used for strength training, flexibility exercises, and rehabilitation. They are called mini bands due to their smaller size than traditional resistance bands, and they typically form a loop that can be easily wrapped around various body parts.The mini band is usually placed on the limbs by arm or legs. For example, the mini band around your ankles will add weight and resistance to the workout. Engaging in mini band exercises will strengthen the arms, the left and right leg, and keep your core engaged.Benefits of using Mini-BandsIncorporating mini-bands into your fitness routine benefits the muscles differently. These small, elastic bands provide targeted resistance, effectively engaging specific muscle groups to enhance strength and endurance.This targeted body workout forces the engaged muscles to exert increased effort across the full range of motion. As a result, people experience increased muscle activation, essential for muscle growth, toning, and endurance.1. VersatileThe mini resistance bands are a fitness enthusiast's dream due to their incredible versatility. Their looped design allows for a wide range of exercises targeting both the upper body and lower body muscle groups. These mini bands can be adapted to meet your specific fitness goals, whether aiming to sculpt your glutes in a high plank position, strengthen your core, or limber up your lower body movements.Their flexibility makes them appropriate for people with different fitness levels, catering to individuals ranging from beginners to advanced athletes. This ensures a versatile tool that can evolve with your fitness journey.2. Easy to CarryMini resistance bands are the most convenient thing in fitness. A mini band's compact and portable design makes them perfect for travel and easy to store at home. Whether on a trip or working out at home, this mini band offers a wide range of exercises to challenge various body parts effectively.In short, a mini band workout provides a versatile and efficient workout experience wherever you are, making them a valuable addition the entire time of your fitness routine.3. Improves ControlThese miniature resistance bands are valuable for improving stability and control during movements, contributing to enhanced balance and coordination. Incorporating mini resistance band exercises challenges your balance and coordination and can be particularly advantageous for those seeking to enhance their athletic abilities or reduce the risk of injuries. These bands provide:A controlled and measured level of resistanceAllowing you to fine-tune your movementsKeep your knees bentGiving you a great exercise routineWhether doing squats, lunges, or lateral leg raises in a straight line, a mini-band workout encourages proper form and alignment, helping you move your entire body with confidence and precision.4. Easy to UseThe mini-band is a versatile and joint-friendly fitness tool suitable for individuals at all fitness levels. Its unique design offers resistance without placing excessive strain on joints, making it well-suited for rehabilitation and the prevention of injuries. Beginners benefit from the gradual introduction to mini-band exercises.Whether starting your fitness journey or seeking to enhance your exercises, it offers a safe and efficient means of building strength and promoting overall well-being. Turning one rep of your regular routine into a mini-band workout and incorporating band exercises can elevate the effectiveness of your workouts, promote muscle activation, and contribute to a well-rounded and dynamic fitness routine the entire time.Warm-Up Exercises1. Shoulder RollsBegin in an upright standing position with your feet hip-width apart, maintaining a good alignment with your head, shoulders, hips, and legs. Place your arms at your sides and engage your core. Lift your shoulders, then roll them back until you feel resistance in your shoulder blades. Lower your shoulders to the starting position and repeat the movement. Relax, then repeat the movement in the opposite direction. Complete the movement for 5 repetitions in each direction.2. Arm CirclesBegin in an upright standing position with your feet shoulder-width apart, maintaining good alignment with your head, shoulders, hips, and legs. Extend your arms out at your sides, slightly below shoulder height. Tighten your abdominal muscles and move your arms in big circular motions. Repeat the movement in the opposite direction. Complete 10 repetitions in each direction.3. Side ReachBegin in an upright standing position with your feet shoulder-width apart, maintaining good alignment with your head, shoulders, hips, and legs. Engage your core. Rotate your upper body to one side and reach across your body with one arm at chest height as you lift your opposite heel up. Return to the starting position and then repeat the movement on the opposite side. Complete the movement for 3 sets with 10 repetitions.4. Wide-Legged SquatBegin in an upright standing position with your feet considerably wider than shoulder-width apart. maintaining good alignment with your head, shoulders, and hips. Engage your core. Bend your knees and hinge through your hips to move into a squat position, keeping your knees behind your toes. Raise back up to return to a standing position, squeezing your glutes at the top. Complete the movement for 2 sets of 5 to 10 repetitions.5. Lateral LungeBegin in an upright standing position with your feet considerably wider than shoulder-width apart. maintaining good alignment with your head, shoulders, and hips. Place your hands on your hips. Engage your core. Hinge from your hips and shift your body weight to one side while extending your opposite leg. Return to the starting position and repeat the movement on the other side. Complete the movement for 2 sets of 5 to 10 repetitions.Mini-Band Exercises1. Banded SquatsBegin in an upright standing position with your hip shoulder-width apart, maintaining good alignment with your head, shoulders, hips, and legs. Loop the mini band around your legs, just above your knees. Engage your core. Bend your knees and hinge through your hips to move into a squat position, keeping your knees aligned with your ankles and toes. Raise back up to return to the starting position. Complete the movement for 2 sets with 5 repetitions.2. Banded Step BacksBegin in an upright standing position with your hip shoulder-width apart, maintaining good alignment with your head, shoulders, hips, and legs. Loop the mini band around your legs, just above your knees. Engage your core. Bend your knees and hinge through your hips to move into a low squat position. Step your one foot back, creating resistance on the band. Return to the starting position and repeat the movement on the opposite side. Complete the movement for 2 sets with 5 repetitions.3. Banded Side StepsBegin in an upright standing position with your hip shoulder-width apart, maintaining good alignment with your head, shoulders, hips, and legs. Loop the mini band around your legs, just above your knees, and place your hands on your hips. Engage your core and take a big step to one side with your left leg, creating resistance on the band. Return to the starting position and repeat the movement on the opposite leg. Start with 3 sets of 10 repetitions on each side.4. Banded Knee LiftsBegin in an upright standing position with your hip shoulder-width apart, maintaining good alignment with your head, shoulders, hips, and legs. Loop the mini band around your legs, just above your knees, and place your hands on your hips. Engage your core and lift one knee towards your chest, ideally to hip height and creating resistance on the band. Lower your leg to return to the starting position and repeat the movement on the opposite side. Complete with 1 set of 10 repetitions.Cool-Down Exercises1. Pelvic TiltBegin in an upright standing position, maintaining good alignment with your head, shoulders, hips, and legs. Place both of your hands on your hips and engage your core. Take a big step forward with your right foot, keeping your toes pointing straight ahead. Engage your core and bend your left knee as you shift your hips forward. Return to the starting position and repeat the movement. After several repetitions, perform the movement on the opposite side. Start with 1 set of 5 repetitions on each side.2. Seated Figure 4Begin in an upright sitting position with your knees bent and feet flat on the floor, maintaining proper alignment with your head, shoulders, and hips. Engage your core. Cross your right ankle over your opposite knee, then hinge through your hips to bend your upper body forward. Hold this position for 10 seconds. Lower your right foot down to return to the starting position. Repeat the movement on the opposite side.To intensify the stretch, push your bent knee further down away from the body.3. Cat-Cow StretchBegin in a 4-point position with your hands beneath your shoulders and your knees under your hips. Contract your abdominal area. Slowly lift your head and arch your mid back. Then, alternate by rounding your mid back as you lower your head towards your chest. Return to the starting position and repeat the movement, alternating directions. Complete for 5 repetitions.4. Childs PoseBegin in an upright kneeling position on the floor with your knees wider than shoulder-width apart, maintaining a good alignment with your head, shoulders, and hips. Tighten your abdominal area. Shift your hips back to your feet and extend your arms in front. Drop your forehead on the floor, relaxing your mid-back area for a light stretch. Hold this position for several deep belly breaths, in through your nose and out through your mouth. Return to the starting position and repeat the movement. Complete for 3 5 repetitions.Alternatives for Mini-Bands1. Resistance BandsResistance bands, similar to a mini band but typically longer and equipped with handles, offer exercises specifically designed for upper and lower body muscle groups. Their unique design provides varying resistance levels, making them a versatile tool for toning and strengthening various body parts, especially when used during upper body exercises.Resistance bands are a fantastic complement to any exercise regimen, providing a diverse array of exercise possibilities to help you achieve your fitness goals, from bicep curls to squats.2. Stability BallStability balls, often called Swiss balls, are exceptional tools for core exercises and balance training. These oversized, inflatable balls can serve as an alternative to traditional benches for specific exercises, introducing an element of instability that engages stabilizing muscles. Incorporating stability balls into your workouts enhances your core strength and challenges your overall balance and coordination.Whether you're performing planks, wall sits, or stability ball rollouts, these versatile fitness accessories can take your exercise routine to the next level.3. Foam RollersFoam rollers offer a multitude of benefits for muscle health and recovery. By applying targeted pressure to muscle tightness and body forms, foam rollers help alleviate tension and improve flexibility. Their use can significantly reduce post-workout muscle soreness, making them essential to warm-up and cool down routines.Whether you're an athlete looking to improve performance or simply seeking relief from muscle discomfort, incorporating foam rollers into your fitness regimen can enhance your overall well-being and workout experience. While it may not be a direct alternative, Foam rollers still offer a variety of uses that can cover what mini-bands and resistance bands cannot.ConclusionIn summary, mini bands are a game-changer in the fitness world, offering benefits for everyone whether it's a warm-up or full-body workout. Their small size and portability make them perfect for home or travel workouts. Whether used in warm-ups or actual exercises, these bands boost muscle activation, strength and stability, and create tension.They add versatility to your routine, from lateral mini-band exercises to dynamic warm-ups. If you're looking for alternatives, options like resistance bands or stability balls can mix up. There are also more advanced banded exercises such as banded planking, mini band monster walk, banded lateral walk, and squat if you're looking for more of a challenge.It would help if you did not go overboard with these exercises. Have a certified personal trainer or a friend at all times if you are having difficulty or need help executing it. In the diverse landscape of fitness tools, mini bands stand out for convenience and as a dynamic addition to a well-rounded and enjoyable exercise plan.Each exercise session youll do on any given day will only take 5 10 minutes to complete so what are you waiting for? Check out this Sculpt and Strengthen Mini Band Workout now! Before we get into the 24 mini band exercises that will strengthen your chest, back, shoulders, arms, core, glutes, legs, hips, ankles, and improve balance, lets take a look at what resistance bands are. Resistance bands have a long history dating back to the early 20th century. Made of surgical tubing, they were mostly used for rehabilitation purposes. Nowadays, resistance bands and tubes are still used for this purpose; however; their use have expanded beyond their origin.For distinction purposes, resistance tubes contain handles and resistance bands (i.e. mini bands) are a small continuous loop. The terms resistance tubes and resistance bands have been used interchangeable to mean the same thing.The fitness industry has benefited greatly from the use of resistance bands and tubes and their popularity continue to grow especially as a portable workout tool. This post will show mini band exercises for beginners as well as mini band exercises for advance fitness persons.One of the best things that a resistance band (tube) workout will provide is the ability to strengthen all of the major and minor muscles for a fraction of the cost of dumbbells, kettle bells, machines and other heavy bulky equipment. Although these pieces of equipment are certainly valuable to use, when traveling, it may be difficult to bring them with you.There are various types of resistance bands (tubes). They include:Therapy resistance bands that are usually used in physical therapy for rehabilitation purposes. These resistance bands do not have handles.There are resistance tubes (often referred to as resistance bands). This type of resistance band has a pair of handles attached to both ends of the tubing and are the most popular of bands. You can read more about the 11 Resistance Tube and Band Exercises for home, office, and travel.There are mini resistance bands (referred to as mini bands). These bands are small (ours are 122) and consist of a continuous loopThere are figure 8 resistance bands that are shaped like a figure 8 and have cushioned handlesThere are ring resistance bands that contain a soft pair of handlesThere are lateral resistance bands that have a Velcro ankle cuff attached to the band andThere are resistance strength bands that are large (approximately 41 inches) and consist of a continuous loopThere are resistance tube clips that you can attach to handles so that you can increase the tension level of the resistance bandsEach of these resistance bands has a specific purpose for use from rehabilitation to general fitness to sports conditioning (some can be used for more than one exercise purpose). Based on your sport of choice and because we know that mini bands perform better, I will post 24 of my favorite mini band exercises . These exercises will include mini band exercises for chest, mini band exercises for back, mini band exercises for shoulders, mini band exercises for arms, mini band exercises for abs (core), mini band exercises for runners, mini band exercises for glutes, mini band exercises for shoulders, mini band exercises for legs and more. An effective mini band workout routine can get you great results.I like these when traveling because you can pack a set of resistance tubes and mini bands that contain various tension levels for use to strengthen all of the major and minor muscles in the upper and lower body. Below I have identified the recommended types of exercises for your mini band workout. I have also listed them in the order from large muscle to small muscle for an effective mini band workout full body routine. If you follow this order, you will benefit greatly. A mini band workout routine is suggested.Please consult with your health care provider before trying these exercises and we recommend working with a fitness professional to ensure that you are performing the exercises correctly.Place a light to medium tension mini band around your ankles. Position your body in a plank position so that your entire body is in a straight line from head to

above the other. Rest your head on your hand and bend your hips and knees. Lift the top knee upwards while the feet remain in contact with each other. Pause. Repeat for a total of 8-12 or 10-15 repetitions.Mini Band Clam Shell ExerciseMini Bands Workout for Hips (Recommendation)Perform 2-3 sets of 10-15 repetitions per set. To perform the isometric version of this exercise to further strengthen and hips, while leg is in the up position, hold for up to 30 seconds.If performing this exercise for rehabilitation (e.g. physical therapy). you may use an extra light to light tension. Please confirm with your health care provider first because s/he will have first hand knowledge of your medical needs.Mini Band Hip Flexion (muscle areas strengthened front of upper legs)Use a extra light to light tension mini band. Place both feet between the loops of the mini band. Position your hands at your waist. Lift your right leg with knee bent, pause, then lower your foot to the ground. Repeat for a total of 8-12 or 10-15 repetitions.Mini Band Hip Flexion ExerciseMini Band Workout for Legs (Recommendation)Perform 2-3 sets of 10-15 repetitions per set. This is a great mini band workout for athletes. Since you are working large muscles, this exercise should be performed early during the leg exercise portion of your workout.Mini Band Monster Walk (muscle areas strengthened front of upper legs and gutes)Place a heavy to extra heavy tension mini band above the top of the knee with both feet parallel to each other. Step forward with right foot about shoulder-width apart while taking a long step so that there is tension on the band. Pause, then take another step forward with the left foot while keeping tension on the band. Continue walking in this fashion for a predetermine distance then walk backward the same way by stepping back with left foot then right foot and so on.Mini Band Monster WalkMini Band Workout for Legs (Recommendation)Perform 2-3 sets of 10-15 repetitions per set. This is also a great mini band workout for athletes. Also a great exercise for person interested in strengthening the hips when used with lateral walks.Bonus exercise using the PEAMS and the mini band with mini band around the ankles.Block "mini-band-all-planes-of-motion-2" not foundMini Band Hip Abduction (muscle area strengthened outer upper leg)Place a light to medium mini band around your ankles and hold on to a supporting object (chair). Brace your abdominal muscles and bend your knees slightly. Lift the right foot off the ground and move your right leg away from your body. Pause at the top of the movement then lower your right leg back to the starting position while keeping right foot off the ground. Repeat for a total of 8-12 or 12-15 repetitions then switch sides.Mini Band Workout for Legs (Recommendation)Perform 2-3 sets of 10-15 repetitions per set. This is also a great mini band workout for athletes. Also a great exercise for person interested in strengthening the hips when used with lateral walks. Another variation is the mini band walk below.Mini Band Lateral WalkPlace a medium to heavy tension mini band around your ankles and slightly bend knees. With hands at the hips move to one side by pushing with the leading foot slowly allowing the trailing foot to replace the position of the leading foot. Repeat for a total of 8-12 or 12-15 repetitions then repeat movement in the opposite direction.Mini Band Lateral Walk ExerciseMini Band Workout for Legs (Recommendation)Perform 2-3 sets of 10-15 repetitions per set. When performing this exercise, it is important that you are pushing leg out sideways while keeping the toes pointed forward and not tilting the body (hiking the hip) to achieve the movement.Bonus exercise using the PEAMS and the mini band with mini band around the ankles.Block "pattern-1-plank-walk-on-hands-with-mini-band-around-ankles-full-2" not foundMini Band Hip Adduction (muscle area strengthened inner upper leg)Place a light to medium mini band around your ankles and hold on to a supporting object (chair). Brace your abdominal muscles and bend your knees slightly. Lift the right foot off the ground and move your right leg across your body. Pause at the top of the movement then lower your right leg back to the starting position while keeping right foot off the ground. Repeat for a total of 8-12 or 12-15 repetitions then switch sides.Mini Band Hip AdductionMini Band Workout for Hip (Recommendation)Perform 2-3 sets of 10-15 repetitions per set. This is a great mini band exercise for strengthening the inner part of the upper leg. This exercise can be performed during the leg portion of your workout.Bonus exercise using the PEAMS and the mini band with mini band around the ankles.Block "mini-band-lateral-and-diagonal-movements" not foundMini Band Ankle Plantar Flexion (muscle area strengthened ankle)Sit on the floor or chair and rest the back of your lower leg on a rolled towel or foam roller. Place an extra light to light tension mini band over the forefoot. Engage the core and press your foot forward. Pause at the top of the range of motion and slowly return forefoot to the start position. Repeat for a total of 8-12 or 10-15 repetitions.Mini Band Workout for Ankles (Recommendation)Perform 2-3 sets of 10-15 repetitions per set. This is a great mini band exercise for runners for strengthening the ankles. This movement can be performed during the leg portion of your workout.Mini Band Ankle Dorsiflexion (muscle area strengthened ankle)Attach an extra light to light tension mini band around a stable object or attach it to our resistance tube door anchor (towards the bottom of the hinge side of the door). Sit on the floor or chair with the mini band in front of you. Rest the back of your lower leg on a rolled towel or foam roller then place mini band around the your forefoot. Maintain constant tension on the mini band, engage the core then pull your foot towards your shin. Pause at the top of the range of motion, then return your forefoot slowly back to the start position. Repeat for a total of 8-12 or 10-15 repetitions.Mini Band Workout for Ankles (Recommendation)Perform 2-3 sets of 10-15 repetitions per set. This is a great mini band exercise for runners for strengthening the ankles (also great for rehabilitation of the ankles). This movement can be performed during the leg portion of your workout.Mini Band Ankle Inversion (muscle area strengthened ankle)Attach an extra light to light tension mini band around a stable object or attach it to our resistance band door anchor (towards the level of the foot on the hinge side of the door). Sit on the floor or chair with the mini band on the forefoot closest to the anchor point as shown. Rest the back of your lower leg on a rolled towel or foam roller. Maintain constant tension on the mini band, engage your core then pull your foot towards the center of the body. Pause at the top of the range of motion, then return your foot slowly back to the start position. Repeat for a total of 8-12 or 10-15 repetitions.Mini Band Workout for Ankles (Recommendation)Perform 2-3 sets of 10-15 repetitions per set. This is a great mini band exercise for runners for strengthening the ankles (also great for rehabilitation of the ankles). This movement can be performed during the leg portion of your workout.Mini Band Ankle Eversion (muscle area strengthened ankle)Attach an extra light to light tension mini band around a stable object or attach it to our resistance band door anchor (towards the level of the foot on the hinge side of the door). Sit on the floor or chair with the mini band on the forefoot farthest away from the anchor point as shown. Rest the back of your lower leg on a rolled towel or foam roller. Maintain constant tension on the mini band, engage your core then pull your foot away from the center of the body. Pause at the top of the range of motion, then return your foot slowly back to the start position. Repeat for a total of 8-12 or 10-15 repetitions.Mini Band Workout for Ankles (Recommendation)Perform 2-3 sets of 10-15 repetitions per set. This is a great mini band exercise for runners for strengthening the ankles (also great for rehabilitation of the ankles). This movement can be performed during the leg portion of your workout.So there you have it, you can perform all of these exercises for the fraction of the cost of machines or dumb bells. Best of all, these resistance bands (tubes) and mini band will fit well in your carry-on or suitcase and their weight will be less than 5 pounds. How awesome is that?We carry the premium quality resistance bands and mini bands that are mentioned. Once you invest in them, youll be extremely satisfied with their ease of use, cost and portability.Finally, here is a mini band exercise pdf of some of the exercises in this post. Patrick is an ACSM Certified Exercise Physiologist, the inventor of the PEAMS Push-up Mat, organizing member of YOUTRAINFITNESS, and a former K-12 physical and special educator of 10 years who loves to help people improve their PRODUCTIVITY and WELLNESS! As an Amazon Associate I earn from qualifying purchases. Here it is: the best glute band workout guide you will find anywhere on or off the internet 50 mini band exercises to hit every single muscle in your body.Are you feeling pumped? Hope so.I had to think long and hard before publishing this guide.Just imagine: 50 mini band exercises all in one workout guide the freedom to do any exercise you could ever need, with just a pocket glute band.This may be the workout that puts all gyms out of business.But at the risk of having a price put on my head by angry gym owners, I am putting this out there: the ultimate mini band workout. What is a mini resistance band? Mini resistance bands, also known as glute bands or booty bands, are just simple elastic loops which you can use for all kinds of strength and fitness exercises. They fold up and fit right in your shirt pocket.Usually to do exercises with mini bands you just put them around your legs while doing lower body movements like glute kickbacks, hip abductions, clamshells etc.The concentric resistance they apply gives you intense glute, hip and thigh activation. For booty-building exercises, mini bands are all you need.But you can do so much more with these bands.Did you know theyre one of the best tools for building your core strength and getting a six pack? Did you know you can use mini bands to do deadlifts, rows, curls and many other upper body exercises youd normally need a barbell for?How have you read this far and still not cancelled your gym membership?? Check out this video to see 10 of the best glute exercises you can do with mini bands: Mini Resistance Band Workout Guide: 50 Glute Band ExercisesThe mini band exercises in this guide are divided into Lower Body, Core and Upper Body. For each exercise you should aim to do around 10-15 reps. Always pay close attention to the correct form as shown in the picture. MINI BAND EXERCISES FOR LEGS & GLUTES #1 SquatWith the mini band placed just above your knees, squat down until your thighs are parallel to the ground (or higher if that is too difficult). Then, driving through the heels, return to a standing position. #2 Sumo SquatFrom a squat position, raise your body up and, at the same time, raise one leg up and out to the side. Hold for a moment, then return and repeat on the other side. #3 Diagonal Split SquatDrop into a squat position with the band placed around your knees. Now step back and inwards with one leg. Hold for a moment, feeling the stretch in your groin, then come back to a standing position and repeat on the opposite leg. #4 Drop SquatWith the band around your ankles, drop down quickly into a low squat with your feet wide apart. Then jump back up and repeat. #5 Lunge KickbackWith the mini band placed around your knees, step forward into a deep lunge. Then raise your hips and lean forward as you lift your rear leg. Hold it for a moment, then return and repeat on the other side. #6 Donkey KickStart on your hands and knees with the band around your feet. Kick one leg back, driving your heel towards the ceiling. Squeeze your glutes at the top of the movement. See video. #7 Knee RaiseStart in a standing position with the band placed around your feet. Stretch the band by bringing one knee up as high as possible. Hold it for a moment, feeling the burn in your hip flexors. #8 Standing Hip FlexionPlace the band around your ankles and lift one leg forward and up without bending your knee. Try to raise the leg until its parallel to the ground and then hold briefly. #9 Standing Hip AbductionWith the band around your ankles, lift one leg out to the side, keeping your body straight and squeezing your glutes. #10 Lying Hip AbductionLie on your side with the band around your ankles, supporting your torso with your arm on the floor. Keeping both legs straight, lift the top leg as high as possible. #11 Standing KickbackIn a standing position, with the band around your ankles, kick one leg back as far as possible, squeezing your glute muscles. #12 Leaning KickbackPlace the band above your knees and lean forward, supporting yourself on a chair. Kick one leg back and up towards the ceiling. Try to lift your leg until it is horizontal to the floor, or even higher. #13 Glute Kickback with BenchKneel on a bench with the band around the bench and one knee. Keeping your body and neck in a straight line, lift your leg as high as possible, feeling the contraction in your glutes and erector spinae muscles. #14 Glute KickbackOn hands and knees, with the band hooked around your feet, kick one leg as high as possible. #15 ClamshellLie on your side with the band around your knees. Stretch the band by spreading your knees apart as wide as possible. #16 Inverse ClamshellStart on hands and knees with the band around your feet. Keeping your back straight, lift one knee out to the side, stretching the band as far as you can and squeezing your glutes. #17 Leg ExtensionSit on a chair or bench with the band around your ankle and secured down low. Extend your leg until it is straight, then lower to the starting position. Wear socks to prevent the band chafing your skin. #18 Lateral ShuffleWith the band around your ankles, step out to the side several times, then step the other way. Heres a video of the exercise: #19 Mini Band WalkPlace the band around your knees or ankles. Take several steps forward, then return to start by stepping backwards. #20 DeadliftStep inside the band and bend at the waist to grasp the other end. Pull the band up by straightening your body, paying attention to correct deadlift form. MINI BAND CORE EXERCISES #21 Bridge Thrust 1Lie on your back with legs bent and the band around your knees. Lift your hips as high as possible, keeping your upper body relaxed. Hold for a second, squeezing your glutes. #22 Bridge Thrust 2Same as previous exercise, except this time have the band around your waist and press it down to the ground as you lift your hips. #23 Bicycle CrunchLie on your back with the band around your feet. Pull your right leg towards your stomach and bring your left elbow to touch your right knee. Return and repeat on the other side in a continuous movement. #24 Oblique CrunchStart in a sideways reclining position with the band around your ankles. Support your body with your elbow and raise your legs straight up. Bring your knees into your chest, feeling the burn in your oblique muscles. #25 Lying Leg RaiseLie on your back with the band around your ankles. Lift one leg up high while keeping the other leg pressed to the floor. You can make the exercise more difficult by keeping your lower leg slightly off the floor, without letting it move. #26 Horizontal ScissorsLying on your back with the band around your ankles, raise your legs off the ground, using your arms to stabilize your body. Open and close your legs in a scissor-like cutting motion. #27 Vertical ScissorsSame as above except this time open and close your legs vertically up in the air. #28 Oblique Leg LiftStart in a sideways reclining position, one leg straight in front of you and one bent beneath you. With the knee around your thigh and ankle, lift your upper leg and bring your free hand down to your knee. You should feel the exercise in your obliques, hips and thighs. #29 Side Plank CrunchIn a side plank with the band around your feet, extend your top arm over your head. Now bring your top knee and elbow together, bending at the waist. #30 Side Plank Leg RaiseIn a side plank, with the band around your knees, raise your top leg as high as possible. Keep your legs straight and your body in a straight line. #31 Mountain ClimberStart in a plank position with the band around your toes. Bring one knee up to your chest, hold for a moment, then return to start and repeat on the other side. #32 Plank KickbackIn a plank position with the band around your knees, lift one leg as high as possible, squeezing your glutes. Hold for a moment then repeat with the other leg. #33 Plank ShufflePlace the band around your wrists or your ankles, or both. Step out to the right simultaneously with your right foot and right hand. Follow with your left foot and hand. Continue several times in one direction and then switch. #34 Plank WalkWith the band around your wrists, walk your hands forward as far as you can, then return to the starting point. Repeat, this time leading with the other hand. MINI BAND EXERCISES FOR UPPER BODY #35 Seated RowSit on the floor with your legs straight in front of you and the band around your feet. Pull the other end of the band in towards your stomach, keeping your back straight and squeezing your shoulder blades together. #36 Kneeling RowStart in a half kneeling position with the band around your front foot. Lean over your front leg, keeping your back straight, and pull the band back without shrugging your shoulders. #37 Plank RowPlace the band around your hands and get into a plank position. Raise one hand off the floor, stretching the band by lifting your elbow up towards the ceiling. Then repeat with the other arm. #38 Shoulder Raise to TwistIn a half kneeling position, with the band around your front foot, stretch the band up with the opposite hand, keeping your arm straight. At the top of the movement, twist to the side, bringing your hand close to your body. Then return to start and repeat. #39 Horizontal Arm ExtensionStand up and, with the band around your wrists, hold your arms straight out in front of you. Stretch the band apart as far as you can, squeezing your shoulder blades together. #40 Vertical Arm ExtensionThis time, keeping one arm still, stretch the band by lifting the other arm vertically up. Then return and switch arms. #41 Rear Arm ExtensionPlace the band around your wrists and hold your arms behind your back. Pull the band apart while keeping your arms straight. #42 Overhead RowStretch your arms over your head with the band around your wrists. Now lower your elbows, stretching the band apart behind your head and squeezing your shoulder blades together. #43 Lat PulldownWith your arms extended over your head, hold onto either end of the band. Keeping one arm still, pull the band down and outwards with the other arm until it is at head height. Return and switch arms. #44 Outward Shoulder RotatorWith the bands around your wrists, hold your forearms in front of you, keeping your elbows close in to your sides. Now stretch the band apart without moving your elbows. #45 Chest OpenerWith the band around your wrists, extend your arms out in front of you. Bring your hands back and out, turning your palms to face forward and squeezing your shoulder blades together. #46 Lateral Arm RaisePlace the band around your wrists and hold your forearms in front of you with elbows close in to your sides. Pushing from the shoulder, lift one arm up and out to the side as far as possible, then return and repeat on the other side. #47 Bicep CurlSit on a chair with the band around one foot. Hold the other end and pull it upwards using your bicep muscle. Keep your elbow in place on your knee. #48 Tricep ExtensionHold one end of the band tightly against your collar bone. Pull the band downwards with the other hand, using your tricep muscle. Keep your elbow fixed at your side. #49 Rear Tricep ExtensionEither sitting or standing, hold the band behind your back as shown. Keep your upper arm still and pull the band downwards with your other arm. #50 Archers PullHold the band as you would a bow. Keep your front arm still and draw the band back fully with the other arm, opening your chest and bringing your shoulder blade back. Repeat on both sides. See our full range of mini glute bands and other exercise products here. Subscribe to our Instagram and YouTube channels for more exercise videos like this back workout: Here it is: the best glute band workout guide you will find anywhere on or off the internet 50 mini band exercises to hit every single muscle in your body.Are you feeling pumped? Hope so.I had to think long and hard before publishing this guide.Just imagine: 50 mini band exercises all in one workout guide the freedom to do any exercise you could ever need, with just a pocket glute band.This may be the workout that puts all gyms out of business.But at the risk of having a price put on my head by angry gym owners, I am putting this out there: the ultimate mini band workout. What is a mini resistance band? Mini resistance bands, also known as glute bands or booty bands, are just simple elastic loops which you can use for all kinds of strength and fitness exercises. They fold up and fit right in your shirt pocket.Usually to do exercises with mini bands you just put them around your legs while doing lower body movements like glute kickbacks, hip abductions, clamshells etc.The concentric resistance they apply gives you intense glute, hip and thigh activation. For booty-building exercises, mini bands are all you need.But you can do so much more with these bands.Did you know theyre one of the best tools for building your core strength and getting a six pack? Did you know you can use mini bands to do deadlifts, rows, curls and many other upper body exercises youd normally need a barbell for?How have you read this far and still not cancelled your gym membership?? Check out this video to see 10 of the best glute exercises you can do with mini bands: Mini Resistance Band Workout Guide: 50 Glute Band ExercisesThe mini band exercises in this guide are divided into Lower Body, Core and Upper Body. For each exercise you should aim to do around 10-15 reps. Always pay close attention to the correct form as shown in the picture. MINI BAND EXERCISES FOR LEGS & GLUTES #1 SquatWith the mini band placed just above your knees, squat down until your thighs are parallel to the ground (or higher if that is too difficult). Then, driving through the heels, return to a standing position. #2 Sumo SquatFrom a squat position, raise your body up and, at the same time, raise one leg up and out to the side. Hold for a moment, then return and repeat on the other side. #3 Diagonal Split SquatDrop into a squat position with the band placed around your knees. Now step back and inwards with one leg. Hold for a moment, feeling the stretch in your groin, then come back to a standing position and repeat on the opposite leg. #4 Drop SquatWith the band around your ankles, drop down quickly into a low squat with your feet wide apart. Then jump back up and repeat. #5 Lunge KickbackWith the mini band placed around your knees, step forward into a deep lunge. Then raise your hips and lean forward as you lift your rear leg. Hold it for a moment, then return and repeat on the other side. #6 Donkey KickStart on your hands and knees with the band around your feet. Kick one leg back, driving your heel towards the ceiling. Squeeze your glutes at the top of the movement. See video. #7 Knee RaiseStart in a standing position with the band placed around your feet. Stretch the band by bringing one knee up as high as possible. Hold it for a moment, feeling the burn in your hip flexors. #8 Standing Hip FlexionPlace the band around your ankles and lift one leg forward and up without bending your knee. Try to raise the leg until its parallel to the ground and then hold briefly. #9 Standing Hip AbductionWith the band around your ankles, lift one leg out to the side, keeping your body straight and squeezing your glutes. #10 Lying Hip AbductionLie on your side with the band around your ankles, supporting your torso with your arm on the floor. Keeping both legs straight, lift the top leg as high as possible. #11 Standing KickbackIn a standing position, with the band around your ankles, kick one leg back as far as possible, squeezing your glute muscles. #12 Leaning KickbackPlace the band above your knees and lean forward, supporting yourself on a chair. Kick one leg back and up towards the ceiling. Try to lift your leg until it is horizontal to the floor, or even higher. #13 Glute Kickback with BenchKneel on a bench with the band around the bench and one knee. Keeping your body and neck in a straight line, lift your leg as high as possible, feeling the contraction in your glutes and erector spinae muscles. #14 Glute KickbackOn hands and knees, with the band hooked around your feet, kick one leg as high as possible. #15 ClamshellLie on your side with the band around your knees. Stretch the band by spreading your knees apart as wide as possible. #16 Inverse ClamshellStart on hands and knees with the band around your feet. Keeping your back straight, lift one knee out to the side, stretching the band as far as you can and squeezing your glutes. #17 Leg ExtensionSit on a chair or bench with the band around your ankle and secured down low. Extend your leg until it is straight, then lower to the starting position. Wear socks to prevent the band chafing your skin. #18 Lateral ShuffleWith the band around your ankles, step out to the side several times, then step the other way. Heres a video of the exercise: #19 Mini Band WalkPlace the band around your knees or ankles. Take several steps forward, then return to start by stepping backwards. #20 DeadliftStep inside the band and bend at the waist to grasp the other end. Pull the band up by straightening your body, paying attention to correct deadlift form. MINI BAND CORE EXERCISES #21 Bridge Thrust 1Lie on your back with legs bent and the band around your knees. Lift your hips as high as possible, keeping your upper body relaxed. Hold for a second, squeezing your glutes. #22 Bridge Thrust 2Same as previous exercise, except this time have the band around your waist and press it down to the ground as you lift your hips. #23 Bicycle CrunchLie on your back with the band around your feet. Pull your right leg towards your stomach and bring your left elbow to touch your right knee. Return and repeat on the other side in a continuous movement. #24 Oblique CrunchStart in a sideways reclining position with the band around your ankles. Support your body with your elbow and raise your legs straight up. Bring your knees into your chest, feeling the burn in your oblique muscles. #25 Lying Leg RaiseLie on your back with the band around your ankles. Lift one leg up high while keeping the other leg pressed to the floor. You can make the exercise more difficult by keeping your lower leg slightly off the floor, without letting it move. #26 Horizontal ScissorsLying on your back with the band around your ankles, raise your legs off the ground, using your arms to stabilize your body. Open and close your legs in a scissor-like cutting motion. #27 Vertical ScissorsSame as above except this time open and close your legs vertically up in the air. #28 Oblique Leg LiftStart in a sideways reclining position, one leg straight in front of you and one bent beneath you. With the knee around your thigh and ankle, lift your upper leg and bring your free hand down to your knee. You should feel the exercise in your obliques, hips and thighs. #29 Side Plank CrunchIn a side plank with the band around your feet, extend your top arm over your head. Now bring your top knee and elbow together, bending at the waist. #30 Side Plank Leg RaiseIn a side plank, with the band around your knees, raise your top leg as high as possible. Keep your legs straight and your body in a straight line. #31 Mountain ClimberStart in a plank position with the band around your toes. Bring one knee up to your chest, hold for a moment, then return to start and repeat on the other side. #32 Plank KickbackIn a plank position with the band around your knees, lift one leg as high as possible, squeezing your glutes. Hold for a moment then repeat with the other leg. #33 Plank ShufflePlace the band around your wrists or your ankles, or both. Step out to the right simultaneously with your right foot and right hand. Follow with your left foot and hand. Continue several times in one direction and then switch. #34 Plank WalkWith the band around your wrists, walk your hands forward as far as you can, then return to the starting point. Repeat, this time leading with the other hand. MINI BAND EXERCISES FOR UPPER BODY #35 Seated RowSit on the floor with your legs straight in front of you and the band around your feet. Pull the other end of the band in towards your stomach, keeping your back straight and squeezing your shoulder blades together. #36 Kneeling RowStart in a half kneeling position with the band around your front foot. Lean over your front leg, keeping your back straight, and pull the band back without shrugging your shoulders. #37 Plank RowPlace the band around your hands and get into a plank position. Raise one hand off the floor, stretching the band by lifting your elbow up towards the ceiling. Then repeat with the other arm. #38 Shoulder Raise to TwistIn a half kneeling position, with the band around your front foot, stretch the band up with the opposite hand, keeping your arm straight. At the top of the movement, twist to the side, bringing your hand close to your body. Then return to start and repeat. #39 Horizontal Arm ExtensionStand up and, with the band around your wrists, hold your arms straight out in front of you. Stretch the band apart as far as you can, squeezing your shoulder blades together. #40 Vertical Arm ExtensionThis time, keeping one arm still, stretch the band by lifting the other arm vertically up. Then return and switch arms. #41 Rear Arm ExtensionPlace the band around your wrists and hold your arms behind your back. Pull the band apart while keeping your arms straight. #42 Overhead RowStretch your arms over your head with the band around your wrists. Now lower your elbows, stretching the band apart behind your head and squeezing your shoulder blades together. #43 Lat PulldownWith your arms extended over your head, hold onto either end of the band. Keeping one arm still, pull the band down and outwards with the other arm until it is at head height. Return and switch arms. #44 Outward Shoulder RotatorWith the bands around your wrists, hold your forearms in front of you, keeping your elbows close in to your sides. Now stretch the band apart without moving your elbows. #45 Chest OpenerWith the band around your wrists, extend your arms out in front of you. Bring your hands back and out, turning your palms to face forward and squeezing your shoulder blades together. #46 Lateral Arm RaisePlace the band around your wrists and hold your forearms in front of you with elbows close in to your sides. Pushing from the shoulder, lift one arm up and out to the side as far as possible, then return and repeat on the other side. #47 Bicep CurlSit on a chair with the band around one foot. Hold the other end and pull it upwards using your bicep muscle. Keep your elbow in place on your knee. #48 Tricep ExtensionHold one end of the band tightly against your collar bone. Pull the band downwards with the other hand, using your tricep muscle. Keep your elbow fixed at your side. #49 Rear Tricep ExtensionEither sitting or standing, hold the band behind your back as shown. Keep your upper arm still and pull the band downwards with your other arm. #50 Archers PullHold the band as you would a bow. Keep your front arm still and draw the band back fully with the other arm, opening your chest and bringing your shoulder blade back. Repeat on both sides. See our full range of mini glute bands and other exercise products here. Subscribe to our Instagram and YouTube channels for more exercise videos like this back workout: Mini-bands are lightweight, easy to store, and compactperfect for a workout on-the-go. Even though they are light, themselves, the resistance and results are anything but. You also are not limited to just one muscle group while performing mini-resistance band exercises. You can hit a full body workout on your time, with just a mini-resistance band at your mercy. You can adjust the level of resistance with the different colors of the bands.If we havent convinced you yet to invest in a pair of mini-resistance bands, these exercises might persuade you a bit. However, these exercises are, by far, not the only ones out there by any means. If you are loving what youre doing and how youre looking, you can always ask your Trainiac trainer to add a few more like these to the routine.Do you want to build a habit of exercising and get in shape? Start training on Trainiac today with a 50% off risk-free month of online personal training. When you sign up, you'll work 1-on-1 with a world-class coach who builds you a fully-customized plan based on your goals and equipment, that you can do on your own time, from anywhere. Get fit and feel amazing! Learn more about Trainiac here. Especially if youre looking to spice up some bodyweight exercises with a little more difficulty, adding mini-resistance bands to your exercises in different ways can be the modification or variation that youve been searching for. Ask your Trainiac trainer for more.Lets get into the exercises:Mini Band Upper Body ExercisesBand Pull ApartThe band pull apart is a great exercise to target upper back and shoulders. It can be modified slightly to target different upper body muscle groups. The key is to keep tension on the band and maintain core awareness to maximize the upper body impact for this move.To perform the band pull apart: Stand with feet hip width and stack shoulders over hips. Place both hands inside of the band, palms facing in. Straighten arms and engage core. Press the backs of your hands in to the strap, draw your hands away from each otherHold for 5 seconds and release. Repeat 8 to 10 times.Other options:Perform same movement with palms up to engage the chest and bicepsPerform same movement with palms down to engage shouldersWant custom built workouts for your space, equipment,and goals?Learn more about Trainiac 1-on-1 Online Personal Training. > FINDYOURTRAINERMini Band Lower Body ExercisesSingle Leg Bridge LiftsIf you really want to target those glutes and make those hamstrings burn, you can also rely on bridges. Just like the real, physical sense of the wordthey are dependable and strong. If you find that single leg bridge lifts are too difficult, you can first start off with double leg bridge lifts and work from there.The key to single leg bridge lift is that you really need to be driving through the hips, making sure you get them high enough up. Ultimately, your body, from your toe to your head, should look like a straight line. The reason why they often refer to bridges as glute bridges is that they really make them burn, especially when you squeeze at the top. Depending on how hard you want the exercise to be, you can place the band below (harder) or above (easier) your knees.A good starting point is to do 3 sets of 10 reps, or 3x10.To perform single leg bridge lifts:First set the mini-resistance band up as we mentioned before, based on your preferred level of difficulty. Lie on your back but then bend your knees so your feet are flat on the floor. They should be stationed about hip-width apart. Throughout the exercise, press the band out with your knees and make sure that they dont, at any point during the exercise, cave in. If you are doing the two-legged bridge, you can stop there. Once you have the band securely in place, lift one foot up off the ground and extend it. Your knees should be aligned with one another. When youre ready, drive your hips up through your heel(s) on the ground. Your knees should still be pressing outwards toward the band. Once you reach full extension at the top of the bridge, hold the movement for 1-2 seconds at the top. Your glutes should also be completely activated and squeezed. Lower your self back down toward the ground again to start another rep. If you want more of a challenge, shift your heel further away from your butt, activating your hamstring.Want custom built workouts for your space, equipment,and goals?Learn more about Trainiac 1-on-1 Online Personal Training. > FINDYOURTRAINERBanded SquatsIf youre still hooked on bodyweight squats, you can add a simple resistance band to up your game. Not only does this simple change help activate your lower body in new ways, it also helps your form. It helps eliminate the temptation (and common mistake) of your knees caving in. Doing banded squats also gets you to open your hips up more while in motion, which makes for a deeper squat without all that back-rounding. Banded squats are basically a total lower body workout, working on your quads, your hamstrings, your glutes, your outer thighs, and also engage your core.A good starting point is to do 3 sets of 10 reps, or 3x10.To perform banded squats:To begin the exercise, first start with the band around your knees. You can place the band above or below the knees, keeping your stance at shoulder-width apart. Your knees should slightly press against the band in an outward motion to keep you from sliding inwards. While keeping tension on the band, slowly sit down and back, keeping your back straight, your core engaged and your chest up and liftedfacing straightforward.At this point, carry the exercise on like a normal squat. The only difference will be the tension placed on the squat (that you should be taking on with your legs and not your arms) that the band provides. Once you reach the lowest point of your squat (try to get around 90 degrees with your knees or lower), hold for a 1-2 second count and then press back up through your heels, squeezing your glutes especially at the top.Want custom built workouts for your space, equipment,and goals?Learn more about Trainiac 1-on-1 Online Personal Training. > FINDYOURTRAINERStanding KickbacksAnother great exercise that can really engage your lower back, your glutes, and your hamstrings is the standing kickback. Doing this pilates and resistance band exercise will really get the glutes burning. While performing the standing kickbacks, hold the movement at the topor peakof the movement, and then lower it back down slowly. Especially when beginning and based on the strength of the resistance band, there might not be a huge range of motion. You dont have to focus on thatinstead, focus on squeezing the glute, especially at the outermost point of the exercise.If you notice that youre struggling with all the weight shifted to your lower back and find your body rocking, try doing the kickback with a lighter resistance band or doing it while on the ground, face down to begin.A good starting point is to do 3 sets of 10 reps, or 3x10 each leg.To perform standing kickbacks:To begin, first wrap the band around one ankle and around the mid-section of the other foot. If you need to start off with easier resistance, place them at a higher standpoint on your leg. This will make the resistance much lighter. Make sure you are standing and facing a wall or have a chair in front of you so you can maintain your balance.The leg not working should be kept on the ground and ever so slightly bent (never locked). Your other foot should be hovering above the ground and ready to be pushed or kicked behind you.While pushing, keep your hovered foot almost completely straight and keep that foot flexed. Drive your heel back, straight behind you. Once you get to the maximum distance of the push, squeeze your glute. While performing the exercise, make sure youre not rocking forward to get the leg up higher than your normal range of motion. As we mentioned before, the distance isnt nearly as important as the glute squeeze at the end. Keep your core engaged and tight throughout the entire exercise. You might have to lean forward slightly for balance, however, make sure that lean doesnt turn into a rock.Want custom built workouts for your space, equipment,and goals?Learn more about Trainiac 1-on-1 Online Personal Training. > FINDYOURTRAINERMini Band Core ExercisesPlank KickbacksIf you seem to have already mastered or gotten bored with a normal plank, its time to kick it up into high gear with plank kickbacks. This exercise simply adds the resistance band to really target those glutes, as well as the core for main stabilization. While performing this exercise, execute it like a normal plankkeeping your body as still as possibleso you can focus on the kickback part of the movement. Overall, this exercise will primarily be targeting the abs and then secondarily targeting the glutes and hamstrings. Since its a very difficult core exercise mixed in with lower body, it is one of the harder band exercises. If youre having trouble, ask your trainer to send a video of how to do it.A good starting point is to do 3 sets of 10 reps, or 3x10 each leg.To perform plank kickbacks:Begin the exercise by first laying down, face down and getting into plank position. Your elbows and your feet should be the only parts of your body touching the ground. Once you get that position, wrap your resistance band around your feet (like the standing kickback) or around your thigh above the knee, which is easier.Finally, get into that plank position. Once youve held that steady, you can kick your right leg upwardsdriving your heel straight up in the air as high as possible. At the top of the kick, really engage your glutes and squeeze. Hold the squeeze for 1-2 seconds for maximum results. Once finished with the extension, bring the leg back down and continue with the same leg until you reach the desired number of repetitions. Want custom built workouts for your space, equipment,and goals?Learn more about Trainiac 1-on-1 Online Personal Training. > FINDYOURTRAINERBicycle Ab CrunchesAnother great exercise to help you use resistance bands to engage your core are bicycle abs crunches. If youve already done regular crunches, you can kick up the notch and really challenge yourself. As youre bending and extending your legs with the resistance bands, your abs are really engaged.Once you build up the strength to add the resistance band, you can complete this exercise almost as often as youd like.A good starting point is to do 3 sets of 20 reps, or 3x20.To perform bicycle ab crunches:First start the exercise by lying on your back with your knees positioned over your hips. The band should be placed around the arches of each foot.Rest your hands behind your headbut make sure that youre not pushing your head so your chin is not on your neck. Try to keep your chin pointed straight upwards, as if there was a string from the ceiling straight down to your chin.When youre ready, keep your knees separated slightly. Extend out your left leg and twist, so that the knee of your right leg should be heading in the direction of your left elbow. Obviously, with the resistance band, its hardly likely that the knee and elbow will ever touchthats O.K.Bring the right leg back to extension and then alternate with the left leg and right elbow.Want custom built workouts for your space, equipment,and goals?Learn more about Trainiac 1-on-1 Online Personal Training. > FINDYOURTRAINERBanded Push UpUnfortunately, personal trainers and exercisers alike normally tend to underestimate the full benefit of such a basic movement like the push up. However, since it often requires such a basic body movement, it will help the exerciser develop proper movement patterns for the scapula and shoulder joints. It also reaps tons of benefits for muscle works, working on the chest area, and other upper body muscles. Once bodyweight is not enough, you can add resistance in the form of bands while still going through the push-up movement pattern. Strength is found at the de-loading portion of the movementwhere youre at the bottom of the push up. When the resistance band is added, this will be the initial, easiest point of the exercise, until you have to push up from 0-100targeting and working on your shoulder health and strength. However, at the top of the push up, youre met with the most resistance. A good starting point is to do 3 sets of 10 reps, or 3x10.To perform banded push ups:First, begin by hooking your wrist through each end of the resistance band. The band should be around your forearms.Next, get into the push up/plank position with your hands flat on the floor. The wider your hands are placed, the harder the push up gets. However, the standard position is slightly wider than shoulder-width. Your body should form a straight line from your ankles to your head.Engage your core and then lower your body until your chest nearly touches the floor (there is a shorter distance to the ground when you have a wider stance with your hands.Once youve reached your bottommost position, pause there for 1-2 seconds and then drive back up to the original position.Want custom built workouts for your space, equipment,and goals? Learn more about Trainiac 1-on-1 Online Personal Training. > FINDYOURTRAINERMini Band StretchesHamstring StretchExercises arent the most important part of your workout routine. Stretching before and after your workoutwhether its through dynamic or static stretches is also extremely important. The resistance band hamstring stretch is an essential stretchespecially if youre planning to work your lower body out. While performing the stretch, make sure youre keeping tension on the band the whole time throughout the stretch. Do not use too much force and overstretch the musclethis can do the opposite of the sole purpose of a stretch and get you injured. Our best advice would be to never stretch while you're cold. First, perform a light warm-up and then get into stretching. To perform a mini band hamstring stretch:You will do this stretch lying down on your back. Begin the stretch by lying face up and wrap the band around one of your feet. Take the other end of the band with both hands and pulling your foot back up in the air. While pulling, keep your knee straight and make sure it doesnt go out wide.Go as far as you can but always keep caution while performing this stretch. You dont want to stretch too far. Quad StretchStretching is vital to the warm and cool down of any workout. Especially in major muscle groups like the quads, these muscles need the benefit of elongation, increased flexibility, improved circulation, and a reduction of stress. If you are planning on working out with tight quadriceps, you can risk running into knee or back pain lateror other injuries.Doing the quad stretch with the resistance band not only helps increase your range of motion, it also will help get you the stretch that you wouldnt be able to do on your own.To perform a mini band quad stretch:To begin the quad stretch, have the resistance band ready and lay on your left side. To first start off, youre going to be stretching your right leg. Wrap the resistance band around your right foot, with your right hand still holding the other end. Keep the left leg extended straight out on the ground (or mat) while the right leg is bent at the knee. When ready, take the band overhead and pull your right foot back towards your butt. Dont overstretch or might lead to injury. Your hands should be held overhead while holding the band.When finished holding for desired time, switch sides and stretch other leg.Shoulder and Back StretchYour shoulder joint contains a major muscle group in your body, as well. A lot of upper body exercises will utilize the shoulder joint, therefore it is important that you stretch out before and after your workouts. The shoulder and