



## ADVANCED TRAINING AND PERFORMANCE

### Side Steps

#### Exercise Description

1. Find a medium to high intensity band and place the band above your knees.
2. Squat down about 1/4 way (hips back and knee soft)
3. Keeping your core tight, push your knees into the band and take a step to one side
4. Repeat for 10-15 reps (all to 1 side, then “go back to the starting place”).
5. Make sure and maintain tension on the band and do not drag your feet on the ground
6. Sets and reps
  - o 3-4 times/week
  - o 3-4 sets
  - o 10-15 reps

#### The Why

This should work on hip strength. You want to use the muscle in your bottom, not your low back. Focus on form and keeping knees in line with feet. This exercise is very good at using your hip muscles. The hip muscles are very important for controlling your knee and ankle during athletic movements.

