



ADVANCED TRAINING AND PERFORMANCE

Squat with bands



Exercise Description

1. Find a medium to high intensity band and place the band above your knees.
2. Squat down about $\frac{1}{2}$ way (hips almost even with your knees)
3. Keeping your core tight, push your knees out against the band while keeping your feet flat
4. sets/reps
 - 3-4 times/week
 - 3-4 sets
 - 15-30 second holds

The Why

This should work on hip strength. You want to use the muscle in your bottom not the front of your hip, low back or hamstrings. This exercise is very helpful at building hip strength and working on control of those muscles. It is very important to use the hip muscles to control movements of the lower leg to reduce the likelihood of an injury.

