**Exercise Band Warm Up**

**Upright Side Steps**- Place a band around your ankles with your feet about shoulder width apart. Keeping your core as tight as possible, drive the lead leg laterally about 6-12 inches, squeezing through your glutes and hips, always keeping the toes pointed straight ahead. Next, bring the support leg in under control, keeping the toes pointed straight ahead. The legs should remain straight throughout the entire movement. Complete the prescribed reps on one side before switching.

**Grapevine**- Wrap the band around your ankles keeping your feet shoulder width apart. Take a lateral step alternating between front and back crossing one foot behind the other. Be sure to step 6-12 inches beyond your stationary leg.

**Vertical Bear Crawl**- Place the band around your wrists. Start with both hands and both feet on the ground, craw forward 10 steps and backwards 10 steps. Allow the band to fully stretch each time you move your hand forward.

**Lateral Bear Crawl**- Place the band around your wrists. Start with both hands and feet on the ground with your chest parallel to the ground. Walk your hands and feet 10 steps to your right and then back to your starting point. Make sure as you move to the right, your left hand stays firmly on the ground to allow the band to fully stretch before you place your right hand down. Allow the band to slowly lose tension as you move your left hand to your right.

**D-Stance Walk**- Assume an athletic position with the band wrapped around your ankles. Take 10 small steps forward and 10 small steps backward.

**Standing vertical walk-**- Place band around ankles with feet shoulder width apart. Take 10 controlled steps forward and 10 backwards. Make sure you stay in control and stretch the band each step.

**Backward Lunges**- Place band around wrists with feet shoulder width apart. Use one foot to step into a backwards lung and raise hands over head. As hands raise, keep your arms straight and stretch the band laterally over your head.