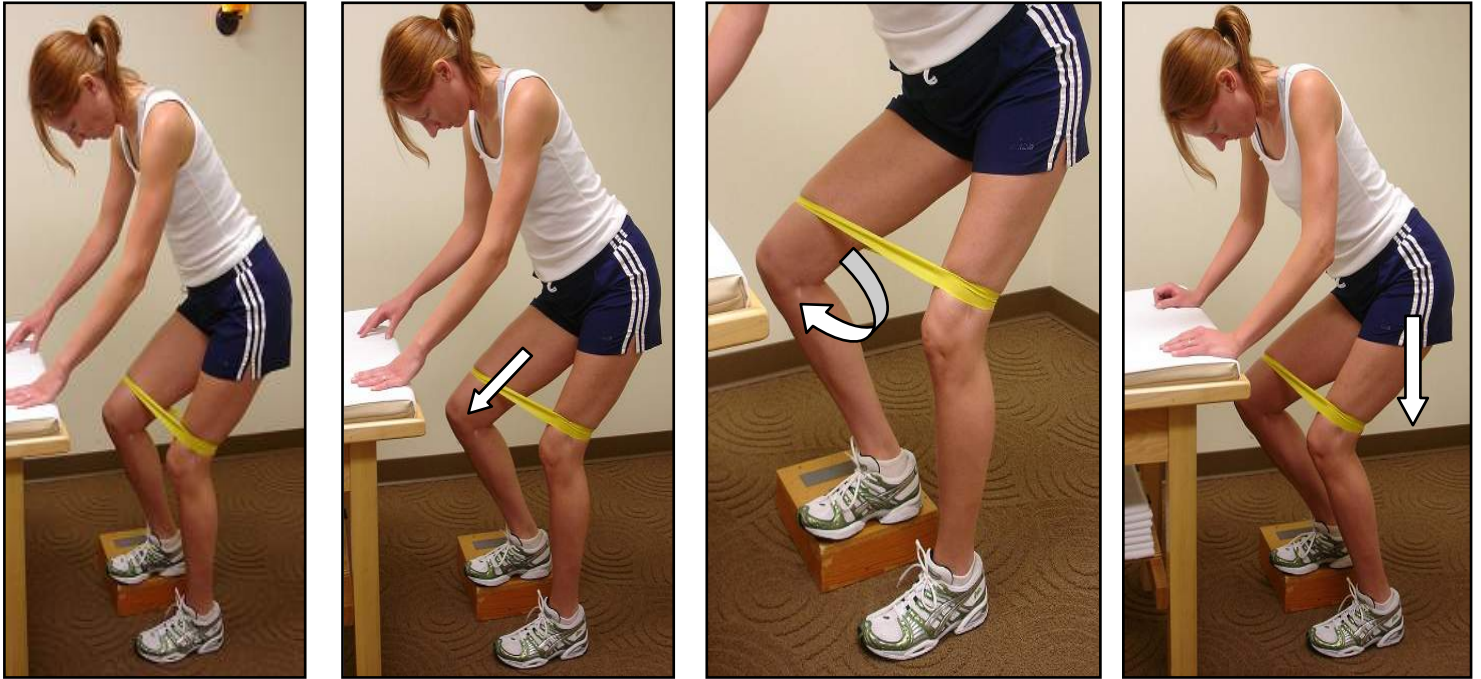


Standing Left Quad with Right Glute Max



1. Stand against a desk or counter and place a band above your knees and your right foot on a 2-4 inch block.
2. Place your hands on the surface in front of you and round your back.
3. Keeping your back rounded, shift your right knee forward.
4. Maintaining the majority of your weight on your left hip and your right knee shifted forward, turn your right knee out against the resistance of the band. You should feel the muscles on the outside of your right hip engage.
5. Keeping your right knee turned out, squat down on your left leg. You should feel the muscles on the front of your left thigh engage with your right outside hip.
6. Hold this position while you take 4-5 deep breaths in through your nose and out through your mouth.
7. Relax and repeat 4 more times.