

# Banded Squat



## Instructions

1. Place the elastic TheraBand® around your legs and position it just above your knees. The band should be tight enough to provide ample resistance when knees are abducted.
2. Assume squat form with feet just wider than shoulders, knees over the 4<sup>th</sup> or 5<sup>th</sup> toe and arms stretched out in front of you.
3. Squat down until your knees are bent at a 90. Maintain neutral position in the spine. Focus on keeping yourself centered and knees over the 4<sup>th</sup> or 5<sup>th</sup> toe by using a mirror.
  - a. Remember, weight should be mainly on heels and along the outside of your foot. Driving through the heels back to standing position utilizes the glute muscles, which are the target of this exercise.

Duration/Sets:

Repetitions:

Frequency: