

Side Steps with Resistance Bands



- Stand with your feet shoulder width apart, with a resistance band tied or a resistance loop around your ankles.
- Keeping your head up, shoulders back, place your hands on your hips, and slightly bend your knees.
- Step sideways as far as you can while keeping your knees slightly bent and your posture tall.
- Allow the opposite foot to come to meet the other foot, moving slowly and under control.
- Continue to step to the side the desired number of repetitions, then repeat in the other direction

- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
