
Penguins

Linear

Start with the theraband/mini-band around your ankles/knees. Place feet shoulder width apart, brace the abdominals, hip hinge and take a few steps forwards, keeping the feet shoulder width apart, do not let them come any closer. Each foot should move forwards 2-3 feet. Retrace your steps, stepping backwards back to the start.



Lateral

Start with feet shoulder width apart, band positioned just above the knees/around the ankles. The band should be stretched but not tight. Hip hinge to switch on the glutes. Shift your weight to one leg and take a step laterally (sideways) with the other foot, about 2-3 feet. Shift your body weight to the moved leg and bring the other foot in to shoulder width (no closer). Perform 6 – 8 repetitions leading with the one leg and then switch and side and move back to the start.

