RED RIVER COLLEGE

Athletics and Recreation Services presents:

# Get movin challenge

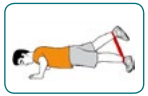


RED RIVER COLLEGE REBELS

Feb. 28
Feb. 27
Feb. 26
Feb. 25
Feb. 24
Feb. 23
Feb. 22
Feb. 21
Feb. 20
Feb. 19
Feb. 18
Feb. 17
Feb. 16
Feb. 15
Feb. 14
Feb. 13
Feb. 12
Feb. 11
Feb. 10
Feb. 9
Feb. 8
Feb. 7
Feb. 6
Feb. 5
Feb. 4
Feb. 3
Feb. 2
Feb. 1

For more information: **rrc.ca/rebels**

# MINI-BAND EXERCISES

**1. PUSHUPS WITH HIP EXTENSION**
**(Chest and Butt Muscles)**
- Start in front leaning position & stiffen butt
- Lower upper body while raising leg
- Push up while lowering leg
- Alternate raising leg on each pushup




**2. LAT PULLDOWN** (Shoulders and Upper Back Muscles)
- Place band around wrist and raise arms
- Inhale and lower arms while pressing out
- Exhale and raise arms while pressing out
- Keep tension on band each direction




**3. TRICEPS PUSH DOWN** (Back of Arm Muscles)
- Place band around right hand at shoulder
- Grab band with left hand at belly
- Lower left hand to extend arm
- Return to start position
- Perform for other side




**4. BICEPS CURL** (Front of Arm Muscles)
- Place band around right hand at shoulder
- Place left hand faced down around band
- Place right hand faced up around band
- Lift right arm to shoulder level
- Return to start position
- Perform for other side




**5. BRIDGE WITH ABDUCTION**
**(Core, Butt and Leg Muscles)**
- Lay on back, knees bent with band around top of knee
- Stiffen belly
- Raise butt off ground and press legs out
- Hold position for 30 seconds then lower




**6. SQUAT** (Legs and Butt Muscles)
- Place band around thigh
- Stand with feet should width apart
- With hands out front, lower butt to floor (as if sitting) and press legs out
- Return to standing position




**7. HIP ADDUCTION** (Inner Leg Muscles)
- Place band around ankles
- Hold on to object (chair) for support
- Raise outer leg across inner leg
- Return outer leg to start position
- Perform for other side




**8. HIP ABDUCTION** (Outer Leg Muscles)
- Place band around ankles
- Hold on to object (chair) for support
- Raise outer leg out to side
- Return outer leg to start position
- Perform for other side




**9. HIP EXTENSION** (Butt Muscles)
- Place band around ankles
- Place band around ankles
- Hold on to object (chair) for support
- Extend leg back
- Return leg to start position
- Perform for other side

## MINI-BAND EXERCISE GUIDELINES

- Perform general upper and lower body warm-up activities before using the band
- Begin with Exercise 1 (top left) to Exercise 9 (bottom right). This equals 1 circuit.
- Perform each exercise for 8-12 or 12-15 repetitions based on intensity preference.
- Repeat exercise circuit for 1 to 2 more times for a total of 3 times.
- Perform each exercise with full range of motion.
- Perform stretching exercises at the end of your workout.