Title: Resistance Band Clam Shells

Primary Muscle Groups: Glutes &amp; Hip Flexors

Secondary Muscle Groups:

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Place a resistance band around your knees</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lay sidewise on an exercise mat with your knees, together, pointing forwards and bent at a 90 degree angle. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Keeping your feet in a fixed position, lift your upper knee about 8 - 10 inches away from your lower knee.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Hold this extended position for 1 second before slowly lowering your knee back to its starting position. </span></li>

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