Title: Resistance Band Deadlifts

Primary Muscle Groups: Glutes &amp; Hip Flexors, Hamstrings

Secondary Muscle Groups: Lower Back

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Holding the handles of the resistance band, step on to the middle. Place your feet at shoulder-width with toes pointing forward. Tighten your core and keep your chest up.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bend your knees slightly and drive your hips back but NOT lower than your knees. Again, keep the chest up. This is the starting position.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Forcefully contract your glutes, driving them forward. Do not just lean back. Your glutes should be fully contracted. Pause then return to the starting position.</span></li>

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