Title: Resistance Band Glute Kickbacks

Primary Muscle Groups: Glutes &amp; Hip Flexors

Secondary Muscle Groups:

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Position yourself on the ground supporting yourself on your hands and knees. Hold the handles of a resistance band in each hand. Hook the middle of the band on your left foot, pushing it back until the slack tightens.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Brace your core and maintain a flat back as you kick your left leg back and up.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Slowly return your leg to the starting position, not allowing the knee to touch the ground. Repeat the movement.</span></li>

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