Title: Resistance Band Side Steps

Primary Muscle Groups: Glutes &amp; Hip Flexors

Secondary Muscle Groups: Calves, Hamstrings, Quadriceps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Step inside of a tied resistance band. Separate your feet to shoulder-width. Place a slight bend in the knees while you keep your chest up.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Slowly step to the side with the right foot. Your stance should be well outside of shoulder-width.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Pause then step with the left foot in the same direction as the right. Keep stepping out with the right until the set is complete then switch sides.</span></li>

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