Title: Resistance Band Squat and Overhead Press

Primary Muscle Groups: Hamstrings, Quadriceps, Shoulders

Secondary Muscle Groups: Abs, Calves, Glutes &amp; Hip Flexors

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin the movement by stepping on to a resistance band with your feet at shoulder-width, toes pointed slightly out. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bring your hands to your shoulders, keeping the handles of the band behind your shoulders. Brace your core and keep your chest up.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bend first at the knees then at the hips. Lower yourself until your thighs are parallel with the floor. Return to the starting position.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">When you reach the top, push the resistance bands overhead. Slowly lower your hands and repeat the entire movement.</span></li>

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