

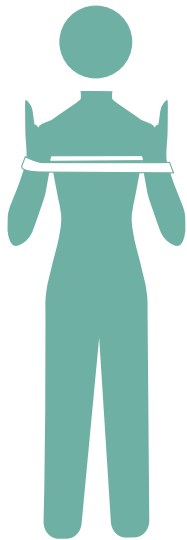
# LOOP RESISTANCE BANDS WORKOUTS



LEG ABDUCTIONS



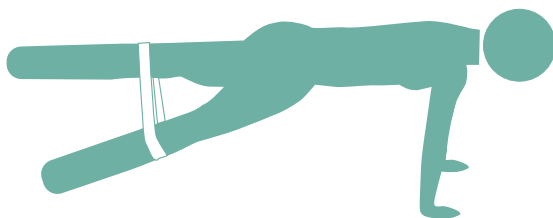
GLUTE BRIDGES



SCAPULAR RETRACTIONS



SQUATS



LEG RAISES



HIP EXTENSIONS