



20 Minute Stacked Mini Band Workout

Ladies, you love to work that booty. My promise, is that this will do just that ;)

What you will need:

- Mini band 😊

Warm-Up:

- Various moves to warm up your hips and arms.

Workout:

- We're going to start with 2 exercises and stack/add one exercise after each new set until you've completed all 6 exercises. We're going for 45 seconds on, 15 seconds off, for a total of 4 sets!

Exercises:

- **Side to side steps** – With a mini band around your feet, calves, or quads and keep it here while you step side to side with your feet separated hip distance apart and your knees slightly bent.
- **Mini jumps forward and back** – With the mini band around your feet, calves or quads and keep it here while you do mini jumps forward and back.
- **Squats with knee pushes** – With the mini band around your quads, you're going to come down into a squat and then push your knees out.
- **Tabletop plank hold** – With the mini band around your calves or quads, go into a table top position and then hold your knees off the ground just an inch or two to really recruit the core, quads and arms.
- **Tabletop v opens** – Same position as above but with your knees on the ground and the band around your calves, lift your feet off the ground and open and close them.
- **Mountain climbers** – With the band around your feet this time, you're going to come into a plank position and then alternate bringing your knees into towards your chest!
Modification: You can also do this on your knees.

Cool down/Stretching:

- Complete 5-10 minutes of nice gentle stretching.

Make today badass!
Ashley Dale Grant