



MINI-BAND ACTIVATION ROUTINE



Perform 7 Reps of each exercise with a mini-band around your ankles (or 10 reps without band).

- [Forward Step-Together Walk Leading Right](#)
- [Forward Step-Together Walk Leading Left](#)
- [Backward Step-Together Walk Leading Right](#)
- [Backward Step-Together Walk Leading Left](#)
- [Lateral Walk Right](#)
- [Lateral Walk Left](#)

Click on each exercise for descriptive video.