



MINI-BAND ACTIVATION ROUTINE



Perform 10 Reps of each exercise
with a mini-band around your ankles.

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

Click on each exercise for descriptive video.