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Stretch out band exercises for buttocks

Wrap the resistance band around your thighs, just above your knees. Then come to an all-fours position with your wrists directly below your shoulders and your knees on the floor below your hips. With your right foot flexed, kick your right foot up toward the ceiling, engaging your glutes and using your core to keep the rest of your body stable. Try to focus on keeping your leg in line with your hip (so you're not opening your hip wide to the right as you lift), and watch that you don't arch your back too much as you kick toward the ceiling. Draw your knee back to the floor to return to your starting position. Do all the reps on one side, then repeat on the other. This move is similar to the Donkey Kick, except now you will open your hip. Wrap the resistance band around your thighs, just above your knees. Come to an all-fours position with your wrists below your shoulders and your knees directly below your hips. Lift your right knee to the right while engaging your core to keep the rest of your body stable and your spine in a neutral position. Bring your knee back to the floor to return to your starting position. Do all the reps on one side, then repeat on the other side. Wrap the band around your ankles, then get into a high plank position. In your high plank, your wrists should be under your shoulders, your hips in line with your spine, your legs extended straight behind you, and your core engaged. From this position, maintaining an engaged core, jump your feet wide apart, then jump them back together to return to your starting position. Then immediately jump them wide again. Continue to move as quickly as you can, while focusing on keeping your core engaged and your hips level throughout. Photo Courtesy: [Maskot/DigitalVision/Getty Images] Want to get — and stay — more flexible? One of the best things you can do is stretch your body's muscles regularly. Stretching isn't just for warmups and workouts. You can do it anytime and anywhere, whether you're at home, at work or even on vacation. The flexibility you'll gain from stretching can also help you perform better while you're playing sports or exercising. Even better? Having stretched, flexible muscles can help prevent injuries. Try these 10 basic stretches to get started. Neck Stretch Photo Courtesy: [DjelicS/E+/Getty Images] Safely stretch your neck by following these steps. Stand with your feet shoulder-width apart. Bend your head slightly forward, placing your right hand on top of your head. Gently pull your head downward and to the right. You'll feel the stretch on the left side of the back of your neck. Hold the stretch for about 30 seconds. Switch hands and repeat these steps to stretch the right side of the back of your neck. Shoulder Stretch Photo Courtesy: [South_agency/E+/Getty Images] To stretch your shoulders, try the following technique: Stand with your feet shoulder-width apart. Extend your right arm straight across your chest to the left. Hold it in place with your left arm near your right elbow. Hold the stretch for about 30 seconds. Switch arms and repeat the steps above. Triceps Stretch Photo Courtesy: [TravelCouples/Moment/Getty Images] Your triceps muscles are located along the back of your upper arms. To stretch these muscles: Stand with your feet shoulder-width apart. Reach your right arm into the air. Bend it at the elbow. Your right hand should be touching the center of your upper back. Place your left hand on your right elbow to hold your right arm in place. Hold the stretch for about 30 seconds. Switch arms and repeat. Calf Stretch Photo Courtesy: [Halfpoint Images/Moment/Getty Images] Your calf muscles are located along the back of your lower legs below your knees. To stretch these muscles: Stand at arm's length away from a wall or other sturdy structure. Place both your palms flat on the wall. Place your right foot behind your left foot. Your right foot should be about as far back as it can go while keeping both heels on the floor. Gently bend your left knee forward. Both of your legs should remain facing ahead, and both heels should be on the floor. Keeping your back straight and your hips forward, hold the stretch for about 30 seconds. Switch legs and repeat. Quadriceps Stretch Photo Courtesy: [Xavier Lorenzo/Moment/Getty Images] The quadriceps are the muscles along the front of your thighs. To stretch these muscles: Stand at arm's length away from a wall. Place your left hand flat on the wall. Bend your right leg up behind you. Grab your right ankle with your right hand. Gently pull your right leg towards your buttocks. Both of your legs should remain facing forward. Keeping your back straight and hips forward, hold the stretch for about 30 seconds. Switch legs and repeat. Hamstring Stretch Photo Courtesy: [DjordjeDjordjevic/E+/Getty Images] Your hamstrings are the muscles along the back of your thighs. To stretch these muscles: Lie flat on your back on a floor mat or another comfortable surface. Pull your right leg up towards your body, keeping this knee slightly bent. Grasp your right leg behind your thigh with both hands. Gently pull until your leg is positioned at a 90-degree angle to the floor. If you can, slowly straighten your knee during this step. Keep your back flat on the floor and your eyes facing up. Hold the stretch for about 30 seconds. Switch legs and repeat. Lower Back Stretch Photo Courtesy: [wera Rodsawang/Moment/Getty Images] If you have back pain or a condition like osteoporosis, ask your doctor before trying this stretch for your lower back: Lie flat on your back on a floor mat or comfortable surface. Pull your right leg up towards your chest. This knee should be bent. Grasp your right leg in front of your knee with both hands. Gently pull it towards your chest. Keep your back flat on the ground and your eyes facing up. Hold the stretch for about 30 seconds. Switch legs and repeat. Upper Back Stretch Photo Courtesy: [MoMo Productions/DigitalVision/Getty Images] As with the lower back stretch, you should ask your doctor before trying this stretch if you have back pain or a condition like osteoporosis. To stretch your upper back: Stand with your feet shoulder-width apart. Hold both arms out in front of you, parallel to the floor. Gently pull your shoulder blades together. Bend your elbows as you bring your arms back into the stretch. Allow your arms to continue pulling back slowly. Hold the stretch for about 30 seconds. Piriformis Stretch Photo Courtesy: [The Good Brigade/DigitalVision/Getty Images] Your piriformis muscles are located on the outside areas of your buttocks near your hips. To stretch these muscles: Lie flat on your back on a comfortable surface. Bend your right knee and bring it halfway towards your chest. Grasp your right leg at the knee with your left hand. Gently pull your right knee towards your left shoulder. Keep your back flat on the ground and your eyes facing up. Hold the stretch for about 30 seconds. Switch legs and repeat. Groin Stretch Photo Courtesy: [Klaus Vedfelt/DigitalVision/Getty Images] Your groin muscles are located on the upper insides of your thighs. To stretch these muscles: Sit on the ground with your back straight. Bend your legs so the soles of your feet are flat against one another. Try this with your knees slightly raised off of the floor. Hold your feet in place with one hand on each foot. Gently lower your knees towards the floor. Hold the stretch for about 30 seconds. Tips for Building Flexibility With Stretching Photo Courtesy: [Hinterhaus Productions/DigitalVision/Getty Images] Want to get even more out of your regular stretching? These tips can help you make the most out of your new routine. They'll also help you achieve your goal of improving your flexibility. Keep the following in mind: Stretch at least three times per week. Try not to get out of the habit of stretching regularly. You could lose the range of motion you've built up. Talk to your doctor about how to stretch any areas that might cause issues, such as painful joints or muscles where you've had a previous injury. Warm up with a light jog or ride on a bike for about 10 minutes before you stretch. Don't bounce or push your muscles to the point of pain while you stretch. Hold each stretch for about 30 seconds. Remember to exhale as you stretch. Resource Links: "Stretches for Exercise and Flexibility," American Heart Association "Slide show: A guide to basic stretches," Mayo Clinic "Exercises and Stretches - Ergonomics," National Institutes of Health, Division of Occupational Health and Safety MORE FROM SYMPTOMFIND.COM When you're looking for a fitness tool that totally ups the ante on your strength workouts, particularly those that target your butt, look no further than a resistance band. Those looped mini bands work wonders for firing up your glutes and working your backside from all angles—a smart strategy for those who sit most of the day, who want to run faster, or for anyone aiming to feel stronger all over. "One of my favorite body parts to train is my glutes—I used to be quite imbalanced, where I was really strong in my quads and my mini muscles were quite weak," Emily Skye, Australian trainer and founder of Emily Skye FIT, tells Health. She credits a strong butt for helping to ease her back pain. Skye loves the bands for getting blood flow to the backside, the main goal when you want to warm-up for, say, a heavy lifting routine featuring squats or deadlifts. But she also turns to them for a glute-strengthening workout all on their own. RELATED: 15 Transformations That'll Inspire You to Start Lifting Weights The best part about using a resistance band to work your butt: it's the prefect travel partner, taking up no space in your bag and requiring only a small square footage to do a full workout. Plus, they're super inexpensive. (Try this set on Amazon for just \$10.) Skye suggests getting a few bands of varying resistances, so you can learn each move with a lighter band, and as you get stronger, move up to a heavier resistance. You'll know you're using something with enough resistance if by rep 12, the move feels nearly impossible to complete with perfect form, she says. Ready to feel that fire in your glutes? Skye offers five resistance band exercises below that you can do anytime and anywhere to strengthen your butt. One key form tip to keep in mind: Do each exercise with good posture. "You do that by standing nice and tall with your belly button drawn in toward your spine. And then, slightly squeeze your glutes before you start," Skye explains. When you're standing tall and strong, step right into this butt workout. RELATED: 20-Minute Pilates Butt Workout for Stronger Glutes Do each exercise below for 10-12 reps and 2-3 rounds. If you're new to these moves, start with the band above the knees for all of them. If you're intermediate or advanced, you can move the band around your ankles for the first three exercises. You want to feel the burn, so keep working for it! 1. Start standing with feet hip-width apart and band around ankles, hands clasped in front of you. 2. Push hips down and back, bending knees and lowering into a squat. Make sure chest stays tall, back flat, and core tight. Resist knees collapsing in toward each other by driving them outward. 3. Then, drive heels and toes into the ground to stand back up. Repeat. 1. Start standing with feet hip-width apart and band around ankles. 2. Lower into a shallow squat position, sending hips down and back and bending knees. Hold this position as you take three steps to the left. 3. Next, take three steps to the right. That's one rep. Make sure your chest stays tall, back flat, and core tight. Resist knees collapsing in toward each other by driving them outward and aim to keep feet parallel the entire time. Repeat. RELATED: This Full-Body Resistance Band Workout Only Takes 15 Minutes 1. Start in a push-up or high plank position, with band around ankles, forming a straight line from shoulders to heel. Line shoulders directly over wrists. 2. Without arching back, squeeze right glute and lift right leg up toward the ceiling. Then place it back down. 3. Then, squeeze left glute and lift left leg up toward the ceiling. Then place it back down. That's one rep. Don't let your hips drop or pike up; pull belly button up toward spine and push the floor away from you with hands. Continue alternating. 1. Start lying on back, with band above knees. Bend knees, place feet flat on the floor about shoulder-width apart. Make sure heels are close to butt and back is flat against the floor. 2. Drive through the feet and squeeze glutes to lift hips toward ceiling. Make sure to maintain a slight posterior pelvic tilt, so you're not arching low back. 3. When you reach the top with hips forming a diagonal line from knees to shoulders, drive knees out against the band, going wider than shoulders. 4. Then bring knees back to shoulder-width, and slowly lower back down to floor. Repeat. RELATED: Hate Squats? 7 Glute Exercises for an Instant Butt Lift 1. Start lying on right side, with the band above knees. Place right forearm on the ground and stack right shoulder over right elbow, pushing the floor away to create space in right side. Bend knees and hips about 45 degrees and stack knees and hips on top of each other. This is your starting position. 2. Then, squeeze left glute and rotate left hip outward, lifting left knee toward ceiling. 3. Slowly lower back down. Repeat for reps, then switch sides. To get our top stories delivered to your inbox, sign up for the Healthy Living newsletter

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