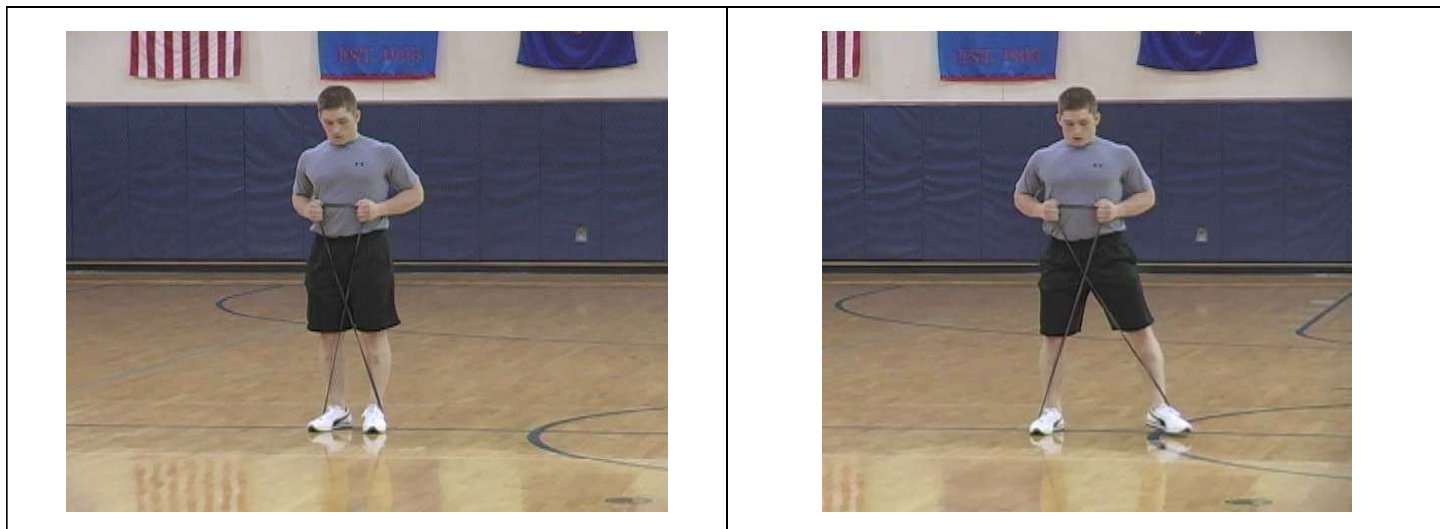


9.2 – X-BAND WALKS



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To activate and strengthen the glute max and posterior glute medius. ▪ To strengthen the core, scapular stabilizers and shoulder external rotators.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Take a resistance band and step on it so that both feet are resting on the band. ▪ Cross it over itself so the band forms an “X,” and hold it with your hands facing each other and your arms tucked into your sides.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ Brace your midsection, get tall, and walk <u>slowly</u> from side-to-side. ▪ Think about leading from your heels versus your toes. This will make sure you’re using all the muscles to abduct your hip, not just your TFL.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Focus on leading with the heel, not the toes. ▪ Stay tall and tight throughout. Do not allow the torso to side-bend.