Starting Position: Step on the band with the right/left foot. Extend the other foot back and widen the stance as far as you feel comfortable, with the back heel lifted. Arms can be straight down to the sides or bent (see above photo).

Finishing Position: Lower the hips straight down, hold briefly, than raise back to up to original position.

Shoulders should be stacked over the hips, avoid leaning forward or back.

This will also challenge balance.

Notes

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