

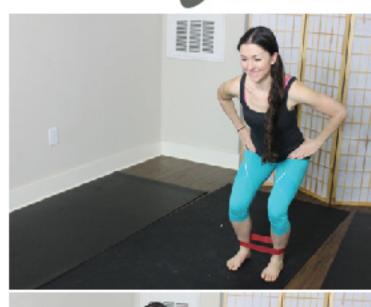
Resistance band loop leg workout

Diastasis and pregnancy safe workout.

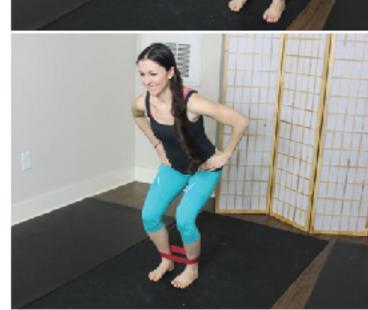
Repeat circuit 3-4 times.

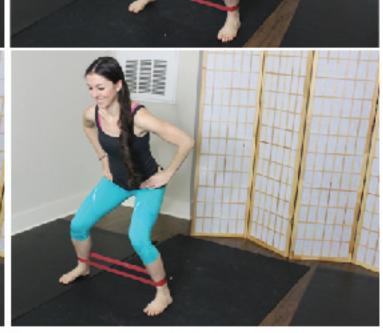


Lateral band walk - 20 reps



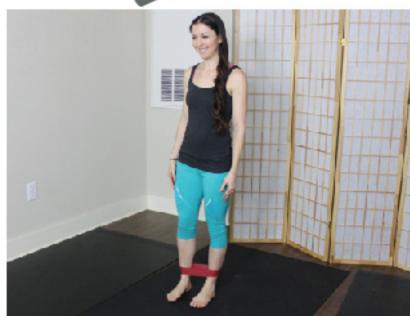


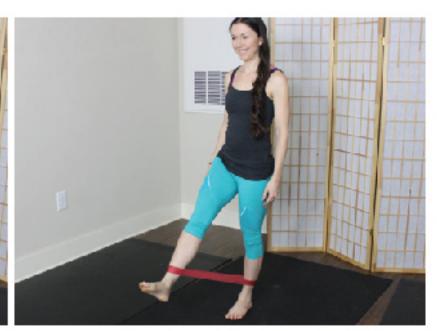






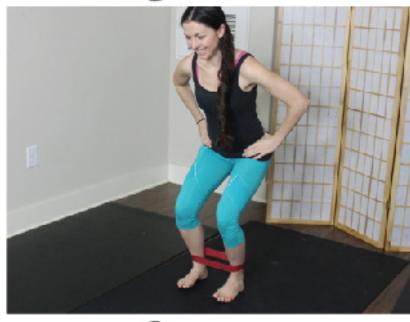
Standing leg extension -15 reps each side







Side lunge taps - 15 - 20 reps each side







Glute bridge abduction - 15 - 20 reps







Lying hip abductions - 15 reps each side





#ptgirls

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