

# How to use Mini-Bands from Perform Better

[www.danbakerstrength.com](http://www.danbakerstrength.com) now sells the blue (medium strength) Mini-bands from Perform Better. These great little bands are used to activate and train some of the smaller or neglected muscles that are still critically important for efficient movement and function.

Below are some of the exercises that we use with athletes ~ these are typically done in the functional warm-up before the heavy lifting or running training or in an additional, short (eg. 4-6 minute) “rehab or prehab” unit performed on non-lifting days. With injured athletes, the bands are used to a greater extent to restore functional strength or activate lazy or injured muscles during the training session.

## Basic “isolated” activation exercises for hip external rotators & hip abductors



**Figure 1.** Side lying clam



**Figure 2.** Supine double leg clam



**Figure 3.** Quadruped fire hydrant



**Figure 4.** Mule kick



**Figure 5.** Wall squat

Do 10-20 reps of these exercises. You can perform a circuit of all five exercises if gluteal activation is a priority.

## Integrated activation exercises for hip external rotators & hip abductors



**Figure 6.** Side bridge + abduction



**Figure 7.** Glute bridge +flexion or abduction



**Figure 8.** Lateral walks



**Figure 9.** Monster walks – forward & back

## Integrated Upper body mini-band exercises



In the top push-up position, shuffle laterally or front & back. Legs can be straight or in the bent crawling position. Also step up and off onto blocks or Steps.