

TARA LAFERRARA

GET MY FAVORITE RESISTANCE BAND EXERCISES!

30 MINUTE  
*Legs AND Booty*  
WORKOUT



#TLMETHOD #TLTRIBE





## WARM UP

An 8-10 minute warm up is necessary for any workout. I use these dynamic movements before each workout.

[CLICK HERE](#)

[youtube.com/watch?v=CbuClfPJNn4&lc=UgzXScn4F7GmGmFpyw94AaABAg](https://youtube.com/watch?v=CbuClfPJNn4&lc=UgzXScn4F7GmGmFpyw94AaABAg)



## WORKOUT

30 MINUTE

# LEGS + BOOTY WORKOUT

1 BAND — 8 MOVES



### SET 1

4 X :45 SECONDS PER MOVEMENT

#### HIGH KNEE MARCH



##### BAND AROUND LACES

drive your knee high and move your opposite arm with you like you are running

#### SINGLE LEG HIP THRUSTER



##### BAND ABOVE KNEES

drive your weight through your heel as you squeeze your hamstring and glute, switch sides each time through

#### WALL SIT PULSES



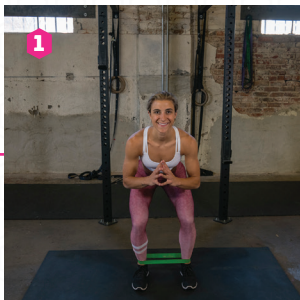
##### BAND ABOVE KNEES

feet are hip width distance apart as you pulse your knees out not letting any slack happen in the band

### SET 2

3 X :60 SECONDS PER MOVEMENT

#### SQUAT LATERAL SHUFFLE

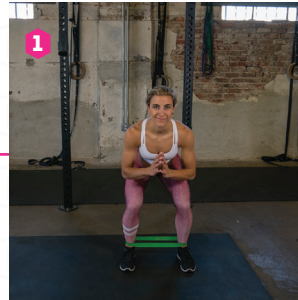


##### BAND AROUND ANKLES

sit in a low squat and move laterally back and forth, stay low and keep the band tight



#### SQUAT DROPS



##### BAND AROUND ANKLES

stand with your feet about hip width distance apart, drop into a wide squat and then stand back up with your feet hip width apart, repeat



### SET 3

4 X 12-15 REPS ON EACH SIDE

#### SLOW MOUNTAIN CLIMBERS



##### BAND AROUND LACES

keep shoulders over your wrists, drive one knee into your chest at a time, 30 total per round

#### TABLETOP SINGLE LEG KICK BACK



##### BAND AROUND LACES

kick one leg back at a time in a tabletop position trying to straighten out your leg, big toe stays pointed down

#### STANDING SINGLE LEG KICK BACK



##### BAND AROUND ANKLES

with a slight lean forward, keeping your core activated and a soft bend in your knee, kick your foot back behind you



## COOL DOWN

Here's a quick cool down for your lower body. It's only 5 minutes, don't miss it.

[CLICK HERE](#) [youtu.be/vLMziuFtdRI](https://youtu.be/vLMziuFtdRI)



*Nice Work!*





# Hi I'M TARA LAFERRARA

DENVER BASED  
PROFESSIONAL TRAINER

Resistance bands are the perfect piece of equipment to take with you everywhere.

By focusing on controlled movements in combination with resistance, these exercises will wake up your glutes and posterior side in the best way.

This is just a taste of what you can do with resistance bands, and just a quick glimpse into some of my TL workouts. Make sure you stay tuned and keep up with the TL Tribe for more workouts and a program geared for you!

*Tara<sup>xx</sup> Laferrara*

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