

1-Banded Reverse Fly: 12-15 Wdh.



2-Banded External Rotations: 12-15 Wdh.



3-Split Stance Rotational Push: 15 Wdh.



4-Split Stance Rotational Pull: 15 Wdh.



5-Banded Glute Bridge Press: 20 Wdh.



6-Banded Glute Bridge Press: 20 Wdh.

