IT band exercises

Start off by doing 10 and adding 5 more each week up to 30

1. Lateral leg rises with a band around your ankles

2. Clam shells, heels together, lying on your side, band just above the knees

3. Back bridges, lying on your back, knees bent, heels close to peaches, pick one leg start, the other leg bend it to 45-90 degrees and lift it toward your up into a vertical position keeping the leg bent. Now bridge on the one leg until your back and upper leg are in a straight line.

4. In a standing position, place the band around the ankles, not take 10 shuffles in one direction and 10 back to the starting position.

5. Standing on one leg, drop your hip opposite the supporting leg and return to neutral.

6. Finish off by doing 10 iron crosses in a fluid slow motion, lying on your back with your arms stretched out as far as possible, take your foot up toward your opposite hand and back, then do the same for the other foot and this counts as 1 completed repetition.