Coached by Sam

Your 20-Minute Band Workout

A full lower-body workout you can do at home, plus a quick warm-up for gym days

First things first

These bands are brilliant for getting a proper workout in at home when life gets in the way, and for warming up before you lift. They're not a replacement for your strength plan – they sit alongside it.

Band work helps you build stronger legs and hips, which makes everything else easier: your squats, your lunges, the school run, carrying the shopping in, and looking after your knees and lower back.

Getting to know your bands

Band	Best for
Light	Warm-ups, kickbacks, anything done on one leg
Medium	Side walks, bridges, clamshells – your go-to band
Heavy	Squats, frog pumps – bigger moves using both legs

A few things that make a big difference

- **Above the knee** is the comfiest spot for most moves. Lower down (just below the knee) makes it harder.
- **Push your knees out against the band** the whole time. Don't let the band pull your knees in.
- **Slow and controlled** beats fast and sloppy. You should feel it in your hips and legs, not your lower back.
- **Start lighter** than you think. If you can't keep your knees out, drop down a band.
- Fabric bands can feel firm at first – they loosen up a little with use.

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AT HOME · NO GYM NEEDED

The workout

For the weeks when you can't get to the gym. Lounge floor, bedroom, wherever. Do each circuit 3 times, resting about 60 seconds between rounds.

Circuit A

Exercise	Reps	Tips
Banded squat	15	Heavy band above knees. Sit back, push knees out
Bridge	20	Medium band. Lie on your back, push through your heels and hold for 2 seconds at the top
Reverse lunge	10 each leg	Light band above knees. Lean slightly forward

Circuit B

Exercise	Reps	Tips
Kneeling kickbacks	12 each leg	Light band above knees. On all fours, press one foot up and back
Frog pumps	20	Heavy band. Soles of feet together, lift hips up
Side band walk	12 steps each way	Medium band. Stay low in a half squat the whole time
Standing leg raise	15 each leg	Hold a wall or chair, lift your leg out to the side

Finisher

Exercise	Time	Tips
Bridge hold + pulses	30s hold, then 30s pulses	Keep pushing knees out. It will burn – that's the point

BONUS · BEFORE THE GYM

10-minute warm-up

Do this before any lower-body session in your plan. Go through the list twice with little rest. It's not meant to tire you out – just to get everything switched on before you start lifting.

Exercise	Reps	How to do it
Bridge	15	Hold for 2 seconds at the top, knees pushing out
Clamshells	15 each side	Lying on your side, keep your feet together and hips still
Side band walk	10 steps each way	Stay low in a half squat, small steps, toes forward
Monster walks	10 forwards, 10 back	Wide stance, step out diagonally, keep tension on
Banded bodyweight squat	15	Push knees out, sit back, stand tall

Why bother warming up like this?

If you sit down a lot – desk, car, sofa after the kids are in bed – your hips can be a bit stiff and sleepy at the start of a session. Waking them up first means your lifts feel smoother and your knees and lower back are better supported.

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Making it harder over time

Once the workout starts feeling easy, change one thing at a time:

- Move up a band (light, then medium, then heavy)
- Add 2–3 reps to each exercise
- Slow the lowering part of each rep down to 3 seconds
- Do a 4th round

A quick note

If anything causes sharp pain, especially in your knees, hips or lower back, stop that exercise and message me. A bit of burn in your muscles is normal. Pain in your joints isn't.

Show me your bands in action

Tag me **@_coachedbysam_** on your stories when you use them – I love seeing it. And if you have any questions about how to fit these in around your plan, just drop me a message.

Love, Sam x