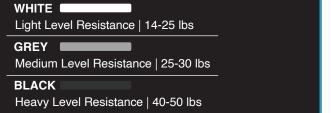
30875 KOREGLUTI BANDS IM

size:110*162mm





KoreGluti Bands shape and build your booty with three levels of resistance.

HOW IT WORKS:

Lift and shape your glutes by doing lateral movements with your KoreGluti Bands

MAXIMUS ----

Enhance your booty by targeting this area through compound movements.

KoreGluti helps support you during isolation and balancing movements



PLEASE READ BEFORE USE

- Consult a medical profession if you believe you may have a latex allergy
- Ensure that you rest between sets
- Discontinue any exercise that causes discomfort or pain

PRODUCT INFORMATION

- 70% Polyester + 30% Latex
- Anti-slip grip material to help keep the band in place
- Portable carry bag allows for use at home, traveling or at the gym

CARE INSTRUCTION

- Do not machine wash, wash by hand in cold water
- Do not use bleach or fabric softener. Rinse thoroughly and hang up to dry (do not use tumble dryer)
- Rinse thoroughly and hang up to dry (do not use tumble dryer)
- Clean and dry the bands thoroughly before storing for long periods of time and fold neatly







Hand Wash No Iron Dry Flat No Tumble Dry





- 1. Place the bands either just below the knee or just above 2. Squat down so that your thighs are parallel with the ground
- 3. Stand up and repeat for 10-15 reps



Lateral Band Walks

- 1. Place the bands either just below the knee or just above 2. Keeping your right leg on the ground, step out with your left leg

3. Step back in and repeat for 10-15 reps on both sides



Standing Kickbacks

- 1. Place the bands either just below the knee or just above
- 2. Keeping your right leg on the ground, swing backwards with your left leg
- 3. Step back in and repeat for 10-15 reps on both sides
- 4. Stand up and repeat for 10-15 reps



Squat to Lateral leg Lifts

- 1. Place the bands either just below the knee or just above 2. Squat down so that your thighs are parallel with the ground
- 3. As you stand up keep your left leg on the ground, swing out and up with
- your left leg (brace your abs to keep stable)
- 4. Step back in and repeat for 10-15 reps on both sides



Clamshells

- 1. Place the bands either just below the knee or just above
- 2. Laying on the ground on your right side, keep your right knee on the holding your feet together and your legs bent
- 3. Raise your left leg up in a controlled way. Lower your leg and repeat for reps on both sides





Glute Bridges

- 1. Place the bands either just below the knee or just above
- 2. Laying on your back, bend your knees, place your feet flat on the floor outstretch your arms along your body to provide support
- 3. Using your glute muscles, push your feet and arms in to the floor whilst lifting your lower body
- 4. Lower back down and repeat for 10-15 reps



Fire Hydrant

- 1. Place the bands either just below the knee or just above 2. Kneel on the floor with your hands on the ground so that your back is
- parallel with the ground
- 3. While keeping your right leg on the ground and hands on the floor, raise your left leg out and up
- 4. Lower your leg and repeat for 10-15 reps on both sides



Donkey Kicks

- 1. Place the bands either just below the knee or just above
- 2. Kneel on the floor with your hands on the ground so that your back is parallel with the ground
- 3. While keeping your right leg on the ground and hands on the floor, raise your left leg out and up 4. Lower your leg and repeat for 10-15 reps on both sides

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Abductor Lift

- 1. Place the bands either just below the knee or just above
- 2. Laying on the ground on your right side, keep your right knee on the ground with your legs outs straight
- 3. Raise your left leg up in a controlled way. Lower your leg and repeat for 10-15 reps on both sides

Having questions about your KoreGluti Bands? We are here to help!

Please visit https://support.korehealthofficial.com or scan the below QR code for any urgent inquiries!

