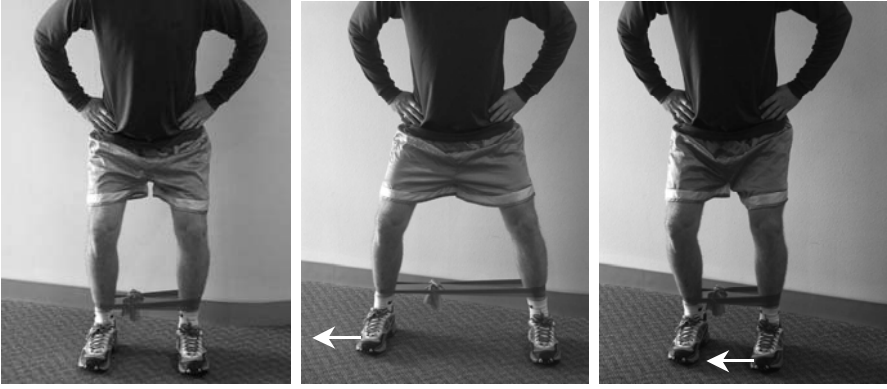


repetitions	repetitions
<p><b>0 Crabwalk with Theraband</b></p> 	<ul style="list-style-type: none"> <li>• wrap the band around your ankles or knees</li> <li>• walk side to side, keep tension on the band the whole time</li> <li>• walk to the right and left, facing one way the whole time</li> </ul> <p>PURPOSE: strengthen hip abductors, gluts and quads</p> <p>Do ____ sets of ____ repetitions</p>