

BLACK IRON CROSSFIT BOOTY BANDS

WARM-UPS & ACTIVATION:
FOR BETTER LIFTS AND A BIGGER BUTT



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Introduction

In CrossFit one of the most important concepts you need to understand is the core to extremity principle. This basically means that in functional movement we should always use the bigger muscle groups first before handing them off to the smaller muscle groups. For example, when we row the proper order of operations is always legs, then hips, then arms. No matter what movement we are doing there is some involvement from the hips, and normally in a big way. In this e-Book, we will have broken down some simple exercises, using our Black Iron Booty Bands, that will help you improve your lifts and grow your booty! Not only that but having a better understanding of how your glutes are incorporated into movement will help keep your back happier and healthier. Each of the following workouts is designed to prep you for certain movements but feel free to mix and match based on what you feel good engagement with. Some of these movements can be tougher than others so play around with them all and find what works for you.



Squat Activation

3 Rounds

10/10-Banded Side Steps

5/5-Banded Fire Hydrants

10-Banded Glute Bridges

*5 pulses after the last rep

10-Banded Air Squats (3331)

*3 pulses at the bottom, one a second

**the 3331 tempo means you will go down slow for a 3-second count, then hold for 3 seconds at the bottom, return slow for another 3 second count, and stand, fully extended for 1 second at the top



Banded Side Steps

Start with the feet shoulder width or just outside of the shoulders.



Bend the knees and drop the hips, stay low and keep the feet wide as you take small steps to the side. Focus on keeping the knees out and you should feel this in the glutes,/hips as you walk.



Banded Fire Hydrants

Start in a table top position with the hips and shoulders square.



Banded Fire Hydrants cont...

Without rotating the hips or shoulders use your glute to open your hip and drive the knee out and up. This will externally rotate the hip, just like you would during a squat. Make sure you keep the core engaged and try not to recruit your lower back here.



Banded Glute Bridges cont...



Do not arch the back, keep the spine neutral and keep the feet fully planted.



Banded Glute Bridges cont...



Don't forget the pulses after the last rep.



Banded Air Squats

Start with your feet hip to shoulder-width apart, where ever you normally squat. Squat like your normally do and drive your knees into the band in order to open the hips as you go down.



Banded Air Squats cont..



Banded Air Squats cont..



Banded Glute Bridges

Start on your back with the heels close to your butt and the feet hip to shoulder width apart.



Drive your feet down into the floor and raise your hips towards the ceiling. As you open the hip make sure you are keeping the core tight and drive the knees out just like you do in the bottom of your squat. This will ensure you are recruiting the glutes during the movement.



Snatch/Clean/Deadlift Activation

3 Rounds

15-Banded Good Mornings

15-Banded Glute Bridges

* 15-second pause at the top of the last rep

10-Banded Alternating Leg Push + Pull

*with a 1-2 second pause at extension

5/5-Standing Kick Backs

*with 2-3 second pause in each rep



Banded Good Mornings

Start with your feet hip-width apart, with your toes pointed forward. Keeping the shins vertical, send your hips back and hinge forward. You should feel this in your hamstrings and low back. Keep the core tight and push your knees into the band as you get lower.



Banded Good Mornings cont..



Banded Glute Bridges

Start on your back with the heels close to your butt and the feet hip to shoulder width apart.



Drive your feet down into the floor and raise your hips towards the ceiling. As you open the hip make sure you are keeping the core tight and drive the knees out just like you do in the bottom of your squat. This will ensure you are recruiting the glutes during the movement.



Banded Glute Bridges cont...



Do not arch the back, keep the spine neutral and keep the feet fully planted.



Banded Glute Bridges cont...



Don't forget the pulses after the last rep.



Alternating Leg Push/Pull

Start on your back with the arms by your side. Pull your belly button into the floor and maintain a hollow body position. With the band just above the knee separate your knees and hold that distance as you push with one leg and pull in with the other.



Alternating Leg Push/Pull cont...



Banded kick backs

Start with your feet hip to shoulder-width apart. Grab onto a rig or doorway and use your glute to kick back without rotating your hips or using your low back to move. Try pointing the toe and leading with the sole of your foot as shown, or keep the sole of your foot towards the ground and lead with the heel. You will feel different engagement with both.



Core Activation

3 Rounds

10/10-Banded Plank Walks (at ankles)

20 Second Banded Hollow Hold

10-Banded Knee Tucks

10/10 Second Side Plank Hold



Banded Plank Walks

Start in your plank position on your hands with the band at the ankle. Without losing the integrity of the plank walk your hands and feet out to one side before changing directions and moving back in the other direction. Keep the tension on the band the entire time.



Banded Hollow Hold

Start on your back and pull your belly button into the floor as you either tuck the knees in or extend the legs. Both variations work but you will be more challenged with your legs fully extended.



Banded Hollow Hold cont...

The hardest variation would be to extend both the arms and the legs. You can also move the band closer to the ankles to make it even harder. Pick a method you can hold for at least 20 seconds and then make it more difficult later on.



Banded Knee Tucks

Start on your back and pull your belly button into the floor as you either tuck the knees in and then extend back with your toes pointed.



Banded Side Plank

Start on your side with the band above your knees. Lift your hips off the ground and support your weight on your fore arm for balance. Lift your top leg as high as you can without rotating the hips open and maintain a tight core. Then switch sides.



IRON Booty

4 Rounds

6/6-Banded Clam Shells

12-Banded Jump Squats

12-Weighted/Banded Glute Bridges

6/6-Kick Backs



Banded Clam Shells

Start on your side with the band above your knees. Put the foot that's on top behind the knee and bend your leg. Use your glute to rotate the leg and hip open without twisting your back. Lower back down slowly and repeat. Maintain tension at all times.



Banded Jump Squats

Start with your feet hip to shoulder-width. Squat as low as you are able. This may not be as low as your normal squat but that's ok. The most important part is that you do these quickly and fully extend at the top. Squeeze your butt and hold when you take off.



Weighted + Banded Glute Bridges

Start on your back with the heels close to your butt and the feet hip to shoulder width apart. Drive your feet down into the floor and raise your hips towards the ceiling. As you open the hip make sure you are keeping the core tight and drive the knees out just like you do in the bottom of your squat. This will ensure you are recruiting the glutes during the movement.



Kick Backs

Start in your tabletop position with the band above the knee. Without losing your position kick one leg back and complete all of your reps on one side before switching. Point the toe or lead with the heel for different engagements.



Conclusion

No matter what you do to express your health and fitness, there's no way to take the hips out of the equation. We hope this e-book helps improve your lifts, fills your shorts, and gives you a better understanding of how to use your glutes! Remember a healthy booty = a healthy back!

