

## Skaters

- If needed, stand by a wall or countertop to touch for balance.
- Shift your weight to one leg (not your hands) and push the opposite leg diagonally against the band.
- If balanced well, your shoulders will be level (as shown in the photo).
- Keep your abs tight, and do not arch your back or hike your hip.
- You should feel it directly in the buttocks.
- Hold or perform repetitively until fatigue.

