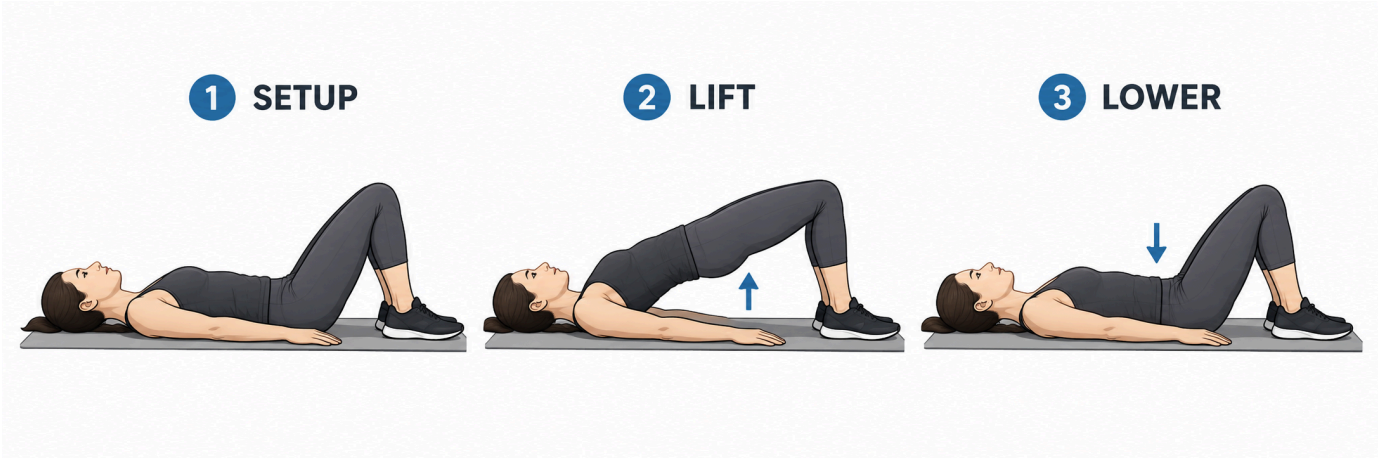
PBGGAME

Leg and Glute Practice Movement Cue Sheet

Select distinct tasks rather than every variation. Inspect equipment and use each model's actual grip, contact, attachment and stretch instructions.

Task	Format	Reminder
Squat	Bodyweight or a separately suitable underfoot band	Bend hips and knees together with a controllable depth. A thigh loop creates a different inward pull.
Hip hinge	Unloaded rehearsal or a suitable long band	Send the hips back with a modest knee bend; keep arms long and return without a backward lean.
Floor bridge	Supported head/shoulders and planted feet	Lift hips through a controlled range, then lower. A thigh loop is not a weight across the pelvis.
Sideways hip control	Supported outward abduction or a distinct inward-adduction version	Keep pelvis and trunk quiet; a higher foot is not the target.
Knee curl / extension	Compatible setup for bending OR straightening the knee	Retain the thigh position and control the return. A seated extension needs stable chair/foot support.
Donkey kick / hydrant / clamshell	Three separate hip actions and body positions	Rehearse unbanded first. Backward, outward and side-lying opening actions are different.
Hip flexion	Unloaded forward lift or its suitable low-anchor arrangement	Move the thigh forward without leaning back; low-anchored hip flexion faces away from that attachment.



Bodyweight floor bridge: setup, controlled lift and lowering. Original illustration based on NASM; not a bench-supported hip thrust.

A Spanish squat uses separate behind-knee support. Neither an underfoot band nor a thigh loop is its setup. General movement reminders do not prescribe treatment or certify equipment compatibility.

PBGGAME

Ankle Practice
Different Fixed Points

Movement	Arrangement	Control cue
Plantarflexion	Seated with leg/heel supported, band around forefoot, ends held in the hands	Point the foot away gently; return slowly without jerking the knee or hip.
Dorsiflexion	A separate externally anchored band arrangement, heel supported	Bring the foot toward you against the band, then return. Verify the actual support; this is not the self-held setup above.
Heel raise	Bodyweight on level ground, appropriate balance support	Rise and lower smoothly. A step edge, single-leg progression or added band is not required.

The AAOS source is a supervised recovery program. These brief movement reminders do not adopt its rehabilitation volume or approve a household anchor. Use an appropriate comfortable range and stop for pain or slipping.

Your setup and practice record

Date / exact movement	Band / contact / support / range	Work and control notes

After an easy rehearsal, an adjustable editorial example is one light set of 8–12 controlled repetitions for a chosen squat and a different hip task, plus a brief suitable accessory set. Rest until the same control can be repeated. This is not a tested or individualized complete routine.

Change one meaningful variable at a time. Unload before adjustments. Stop for pain, dizziness, numbness or unexpected loss of control. Training does not guarantee a particular body shape or removal of hip dips.

Sources and full explanations

Read the full PBGGAME leg-and-glute guide

- American Council on Exercise: Whole-Body Resistance Band Workout
- American Council on Exercise: Bodyweight Squat
- American Council on Exercise: Hip Hinge
- SET FOR SET: Resistance Band Leg Exercises
- National Academy of Sports Medicine: Floor Bridge
- Finding Balance Alberta: Resistance Band Exercises
- The Hygenic Corporation / TheraBand: TheraBand Resistance Band and Tubing User Manual (2012)
- American Academy of Orthopaedic Surgeons / OrthoInfo: Foot and Ankle Conditioning Program
- Catalyst Athletics: Spanish Squat
- Cleveland Clinic: Hip Dips: What They Are and Why You Have Them
- Rehab Hero / David Song: Fire Hydrant
- American Council on Exercise: ACE Lists Best Butt Exercises (legacy quadruped hip-extension description)

Prepared by PBGGAME, 25 October 2026. Source movement formats remain separate; their treatment or manufacturer-specific instructions are not generalized. Original brief cues and illustration.