

Monster/Sumo Walks



Monster and Sumo walks are great lower body movements to activate and utilize glute muscles to stabilize the pelvis and surrounding structures. With a band above the knee, for monster walks, you will slowly step side to side keeping the same resistance in the band. It is important to make sure the knees do not collapse inward, losing full stability of hips. The sumo walk exercise is done with the band above the knees and you are walking forward and backwards, keeping the same resistance outward into the band. If you want this exercise to be harder, move the band lower down the leg or on the feet for more/different resistance. Perform slow and controlled, up to 1 minute movement at a time.



In Motion Spine & Joint Center

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