



HOLIDAY FITNESS CALENDAR



24 days to a stronger back and core

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Dead Bug Arms Only  Perform 2 x 10 Reps	2 Hip Extension  Perform 2 x 10 Reps alternating sides	3 Curl Up Elbow Assist  Perform 2 x 10 Reps	4 Basic Hip Bridge  Perform 2 x 10 Reps	5 Modified Plank  Perform 2 x 20 Sec. Hold
6 Modified Side Plank  2 x 20 sec hold each side	7 Dead Bug Legs Only  Perform 2 x 10 Reps	8 Bird Dog  Perform 3 x 10 Reps alternating sides	9 Curl Up Elbows Assist  Perform 3 x 10 Reps	10 Hip Bridge Arms Up  Perform 3 x 10 Reps	11 Modified Plank  Perform 3 x 20 Sec Hold	12 Modified Side Plank  3 x 20 sec hold each side
13 Dead Bug Legs Only  Perform 3 x 10 Reps	14 Bird Dog  Perform 3 x 10 Reps alternating sides	15 Curl Up Elbows Raised  Perform 3 x 10 Reps	16 Hip Bridge Arms Up  Perform 3 x 10 Reps	17 Plank  Perform 3 x 20 Sec Hold	18 Side Plank  3 x 20 sec hold each side	19 Dead Bug  Perform 3 x 10 Reps
20 Bird Dog Knee Touch  Perform 3 x 10 Reps alternating sides	21 Curl Up Elbows Raised  Perform 3 x 10 Reps	22 Hip Bridge Single Leg  Perform 3 x 10 Reps	23 Plank Hip Extension  3 x 30 sec hold each side	24 Side Plank  3 x 30 sec hold each side	<p><i>Happy Holidays!</i></p>	

To see a full description of exercises and video demo visit:
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