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	happy holiday			

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