



# HOLIDAY FITNESS CALENDAR

## 24 days to a stronger back and core

| SUNDAY                                                                                                                                                       | MONDAY                                                                                                                                                        | TUESDAY                                                                                                                                         | WEDNESDAY                                                                                                                                             | THURSDAY                                                                                                                                    | FRIDAY                                                                                                                                     | SATURDAY                                                                                                                                          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                              | <b>Cat / Camel</b><br><br>Perform 10 Reps daily to warm up prior to exercise | <b>1 Dead Bug Arms Only</b><br><br>Perform 2 x 10 Reps         | <b>2 Hip Extension</b><br><br>Perform 2 x 10 Reps alternating sides | <b>3 Curl Up Elbow Assist</b><br><br>Perform 2 x 10 Reps | <b>4 Basic Hip Bridge</b><br><br>Perform 2 x 10 Reps    | <b>5 Modified Plank</b><br><br>Perform 2 x 20 Sec. Hold        |
| <b>6 Modified Side Plank</b><br><br>2 x 20 sec hold each side                | <b>7 Dead Bug Legs Only</b><br><br>Perform 2 x 10 Reps                       | <b>8 Bird Dog</b><br><br>Perform 3 x 10 Reps alternating sides | <b>9 Curl Up Elbows Assist</b><br><br>Perform 3 x 10 Reps           | <b>10 Hip Bridge Arms Up</b><br><br>Perform 3 x 10 Reps  | <b>11 Modified Plank</b><br><br>Perform 3 x 20 Sec Hold | <b>13 Modified Side Plank</b><br><br>3 x 20 sec hold each side |
| <b>13 Dead Bug Legs Only</b><br><br>Perform 3 x 10 Reps                    | <b>14 Bird Dog</b><br><br>Perform 3 x 10 Reps alternating sides            | <b>15 Curl Up Elbows Raised</b><br><br>Perform 3 x 10 Reps   | <b>16 Hip Bridge Arms Up</b><br><br>Perform 3 x 10 Reps           | <b>17 Plank</b><br><br>Perform 3 x 20 Sec Hold         | <b>18 Side Plank</b><br><br>3 x 20 sec hold each side | <b>19 Dead Bug</b><br><br>Perform 3 x 10 Reps                |
| <b>20 Bird Dog Knee Touch</b><br><br>Perform 3 x 10 Reps alternating sides | <b>21 Curl Up Elbows Raised</b><br><br>Perform 3 x 10 Reps                 | <b>22 Hip Bridge Single Leg</b><br><br>Perform 3 x 10 Reps   | <b>23 Plank Hip Extension</b><br><br>3 x 30 sec hold each side    | <b>24 Side Plank</b><br><br>3 x 30 sec hold each side  | <b>happy holidays</b>                                                                                                                      |                                                                                                                                                   |

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