***4 WEEKS TO A STRONGER YOU!***

     

Dead bug Superman

Wall Angels Squat

Hip Bridge Side Plank

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| **DAY 1:** 4 reps of each | **DAY 11:** 8 reps of each, repeat 3x | **DAY 21:** 11 reps of each, repeat 4x |
| Wedge: 3 min | Wedge: 10 min | Wedge: 15-20 min |
| **DAY 2:** 6 reps of each | **DAY 12:** Rest | **DAY 22:** 12 reps of each, repeat 4x |
| Wedge: 4 min | Wedge: 11 min | Wedge: 15-20 Min |
| **DAY 3** 8 reps of each | **DAY 13:** 9 reps of each, repeat 3x | **DAY 23:** 13 reps of each, repeat 4x |
| Wedge: 5 min | Wedge: 12 min | Wedge: 15-20 min |
| **DAY 4:** Rest | **DAY 14:** 10 reps of each, repeat 3x | **DAY 24:** Rest |
| Wedge: 6 min | Wedge: 13 min | Wedge: 15-20 min |
| **DAY 5** 4 reps of each, repeat 2x | **DAY 15:** 11 reps of each, repeat 3x | **DAY 25:** 8 reps of each, repeat 5x |
| Wedge: 7 min | Wedge: 14 min | Wedge: 15-20 min |
| **DAY 6:** 6 reps of each, repeat 2x | **DAY 16:** Rest | **DAY 26:** 9 reps of each, repeat 5x |
| Wedge: 8 min | Wedge: 15 min | Wedge: 15-20 min |
| **DAY 7:** 8 reps of each, repeat 2x | **DAY 17:** 8 reps of each, repeat 4x | **DAY 27:** 10 reps of each, repeat 5x |
| Wedge: 9 min | Wedge: 15-20 min | Wedge: 15-20 |
| **DAY 8:** Rest | **DAY 18:** 9 reps of each, repeat 4x | **DAY 28:** Rest |
| Wedge: 10 min | Wedge: 15-20 min | Wedge: 15-20 |
| **DAY** 9: 10 reps of each, repeat 2x | **DAY 19:** 10 reps of each, repeat 4x | **DAY 29:** 11 reps of each, repeat 5x |
| Wedge: 10 min | Wedge: 15-20 min | Wedge: 15-20 |
| **DAY 10:** 12 reps of each, repeat 2x | **DAY 20:** Rest | **DAY 30:** 12 reps of each, repeat Sx |
| Wedge: 10 min | Wedge: 15-20 | Wedge: 15-20 |