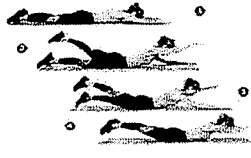


4 WEEKS TO A STRONGER YOU!



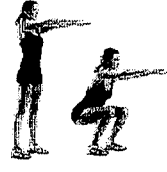
Dead bug



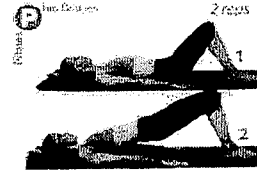
Superman



Wall Angels



Squat



Hip Bridge



Side Plank

DAY 1: 4 reps of each

Wedge: 3 min

DAY 2: 6 reps of each

Wedge: 4 min

DAY 3: 8 reps of each

Wedge: 5 min

DAY 4: Rest

Wedge: 6 min

DAY 5: 4 reps of each, repeat 2x

Wedge: 7 min

DAY 6: 6 reps of each, repeat 2x

Wedge: 8 min

DAY 7: 8 reps of each, repeat 2x

Wedge: 9 min

DAY 8: Rest

Wedge: 10 min

DAY 9: 10 reps of each, repeat 2x

Wedge: 10 min

DAY 10: 12 reps of each, repeat 2x

Wedge: 10 min

DAY 11: 8 reps of each, repeat 3x

Wedge: 10 min

DAY 12: Rest

Wedge: 11 min

DAY 13: 9 reps of each, repeat 3x

Wedge: 12 min

DAY 14: 10 reps of each, repeat 3x

Wedge: 13 min

DAY 15: 11 reps of each, repeat 3x

Wedge: 14 min

DAY 16: Rest

Wedge: 15 min

DAY 17: 8 reps of each, repeat 4x

Wedge: 15-20 min

DAY 18: 9 reps of each, repeat 4x

Wedge: 15-20 min

DAY 19: 10 reps of each, repeat 4x

Wedge: 15-20 min

DAY 20: Rest

Wedge: 15-20

DAY 21: 11 reps of each, repeat 4x

Wedge: 15-20 min

DAY 22: 12 reps of each, repeat 4x

Wedge: 15-20 Min

DAY 23: 13 reps of each, repeat 4x

Wedge: 15-20 min

DAY 24: Rest

Wedge: 15-20 min

DAY 25: 8 reps of each, repeat 5x

Wedge: 15-20 min

DAY 26: 9 reps of each, repeat 5x

Wedge: 15-20 min

DAY 27: 10 reps of each, repeat 5x

Wedge: 15-20

DAY 28: Rest

Wedge: 15-20

DAY 29: 11 reps of each, repeat 5x

Wedge: 15-20

DAY 30: 12 reps of each, repeat 5x

Wedge: 15-20