

>> 2019 - BRING IT ON! <<

S	M	T	W	T	F	S
		01 1 minute wall sit	02 2x 1 minute high knees	03 3 sets of 10 squats	04 4x 500 mtrs running outside	05 5 frog jumps
06 6 side plank hip dip each side	07 7 sally up sally down	08 8 mtrs walking side plank each side	09 9 jumping lunges each side	10 10 plank tab shoulder each side	11 11 sec dribble small 11 sec dribble hip width 11 sec dribble wide	12 12 push-ups
13 13 jump squats	14 14 shuffle tab	15 15 twist and box each side	16 16 squat and crunches each side	17 17 burpees	18 18 glute bridges each leg	19 19 triceps dips
20 20 sec side plank each side	21 21 mountain climbers	22 22 squat and side raise	23 23 running man alternating sides	24 24 push-up bounce against the wall	25 25 sec running up and down the stairs	26 26 sumo squats
27 27 plank jacks	28 28 sec squat bounce	29 29 skater jumps	30 30 sec push-up and rotation	31 31 in total *	* 5 burpees/plank hip dip each side/push-ups/lung jumps each side and 1 frog jump	

JANUARY



MOM IN BALANCE