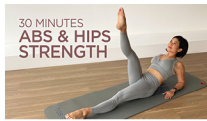
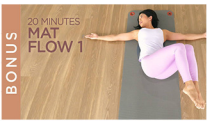


HAPPY HEALTHY HIP INTERMEDIATE 1.0

We all sit to long and develop hip and lower back issues. This is a 28-day program to target your hip and lower back health. Perfect for anyone from seniors to athletes, offering classes in strength, mobility, and stretching. These workouts will reduce lower back pain, boost hip stability, and improve your range of motion in just a few classes. Say goodbye to stiffness and hello to happy hips!

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 30 min Hip Focus Mat ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Hips Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min ABS + Hips Strength ☆☆☆☆☆	 30 min Standing Pilates 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 2	 30 min Hips Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Lower Body Strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 60 min Hip Full Mat 2 ☆☆☆☆☆	 20 min Standing ABS ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 3	 30 min ABS + Hips Strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Hips Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Hips Stretch ☆☆☆☆☆	 30 min Hip Focus Mat 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 4	 60 min Hip Full Mat 2 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Standing Pilates 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Lower Body Strength ☆☆☆☆☆	 20 min Standing ABS ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
BONUS	 10 min Breathing ☆☆☆☆☆	 20 min Lower Body Stretch ☆☆☆☆☆	 15 min Standing Flow 1 ☆☆☆☆☆	 20 min Mat Flow 1 ☆☆☆☆☆	 20 min Full Core Strength ☆☆☆☆☆		

You are welcome to add bonus classes
anywhere your body needs them.