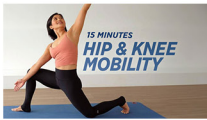
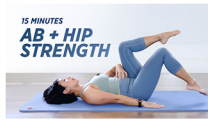
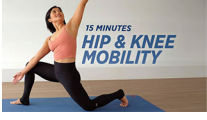
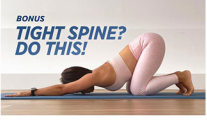


HEALTHY HIPS PROGRAM

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 Focused Short Mat 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Hip & Knee Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Abdominal & Hip Strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Breathing ☆☆☆☆☆
WEEK 2	 30 min Standing Pilates ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Hips Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Hips Strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Breathing ☆☆☆☆☆
WEEK 3	 15 min Abdominal & Hip Strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Hip & Knee Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Standing Pilates ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Breathing ☆☆☆☆☆
WEEK 4	 30 min Hip Focused Short Mat 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Hips Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Hips Strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Breathing ☆☆☆☆☆
BONUS	 15 min Flow Mat 2 ☆☆☆☆☆	 20 min Shoulder & Upper Chest Stretch ☆☆☆☆☆	 10 min Spine Mobility ☆☆☆☆☆	 10 min Pelvis Mobility ☆☆☆☆☆	 10 min Hip Mobility ☆☆☆☆☆		

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