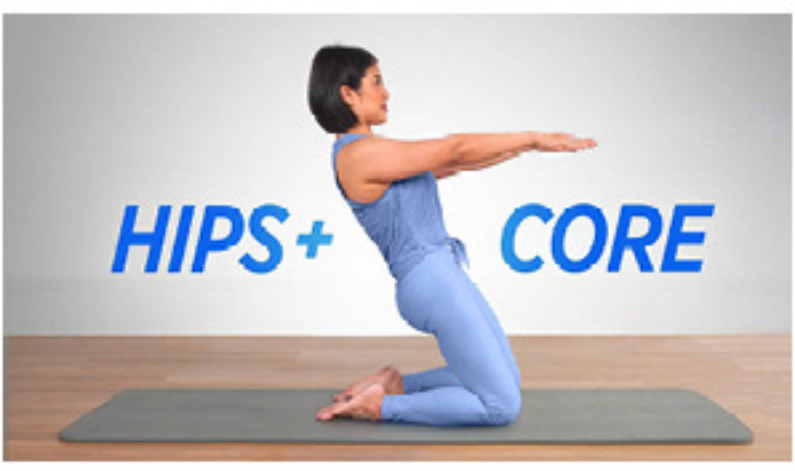
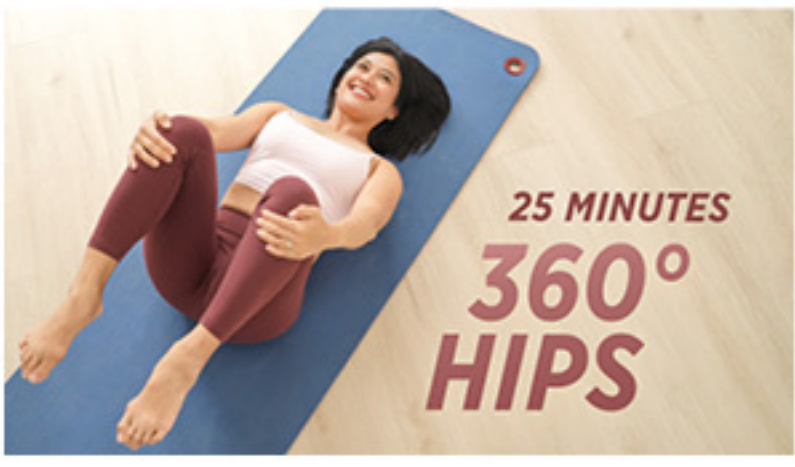


BETTER HIPS RECOVERY PROGRAM

Recovery is built for anyone dealing with stiffness, discomfort, or hips that just feel stuck. Every session is gentle enough to work with pain, but purposeful enough to start building real strength. You're not just stretching here — you're laying down a foundation that your body will thank you for.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 25 min Your Glutes Have Been Switched Off ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Your Hip Joint Was Built for This ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 25 min Why One Hip Always Feels Weaker ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 2	 15 min Hips & Core ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Hips + Glutes Workout ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Hip & Leg Motion ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 3	 25 min Your Glutes Have Been Switched Off ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Your Hip Joint Was Built for This ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 25 min Why One Hip Always Feels Weaker ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 4	 15 min Hips & Core ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Hips + Glutes Workout ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Hip & Leg Motion ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
BONUS	 10 min Breathing ☆☆☆☆☆	 15 min Abdominal & Hip Strength ☆☆☆☆☆	 20 min The Art of Stacking Your Spine ☆☆☆☆☆	 20 min Beginner Flow Mat 3 ☆☆☆☆☆	 15 min Hip & Knee Mobility ☆☆☆☆☆		

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