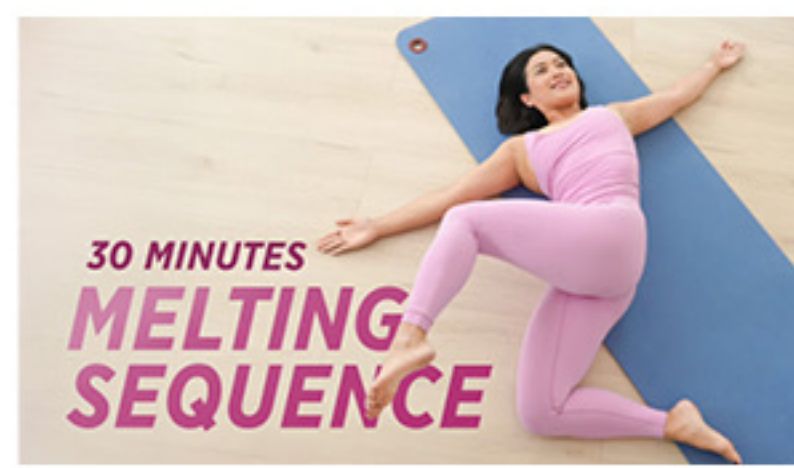


BETTER HIPS STRENGTHEN PROGRAM

Strengthen is for anyone ready to go deeper, move better, and finally close the gap between flexibility and real power. These sessions will challenge your hips in all the right ways, targeting the muscles that most programs completely miss. This isn't about pushing through pain — it's about building the kind of strength.

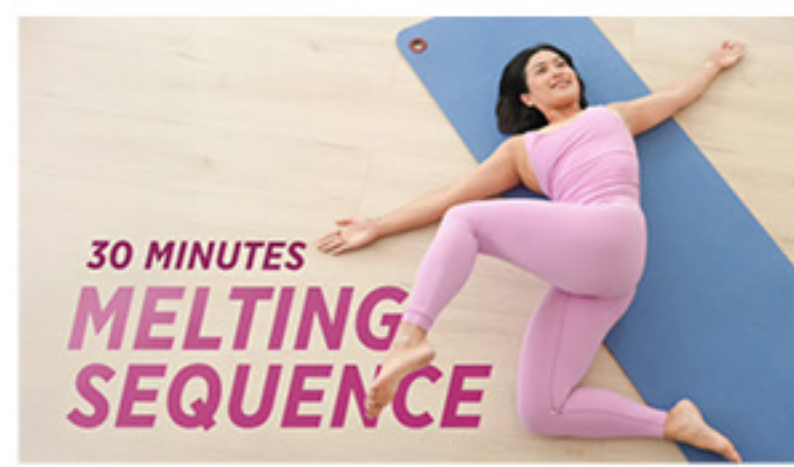
WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 30 min When Your Back Does Your Hips' Job ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Why Stretching Your Hips Every Day ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min The Hip Stability Work ☆☆☆☆☆	 30 min Melting Sequence ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)

WEEK 2

 30 min Ab & Hips Strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Hips & Knees Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Hip Power ☆☆☆☆☆	 30 min Lower Body Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
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WEEK 3

 30 min When Your Back Does Your Hips' Job ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Why Stretching Your Hips Every Day ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min The Hip Stability Work ☆☆☆☆☆	 30 min Melting Sequence ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
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WEEK 4

 30 min Ab & Hips Strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Hips & Knees Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Hip Power ☆☆☆☆☆	 30 min Lower Body Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
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BONUS

 20 min Breathing ☆☆☆☆☆	 15 min Everyday Core ☆☆☆☆☆	 20 min Hip Flow 1 ☆☆☆☆☆	 20 min Shoulder Stretch ☆☆☆☆☆	 15 min Hips Mobility 1 ☆☆☆☆☆
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You are welcome to add bonus classes anywhere your body needs them.