



f{AB}ULOUS FEBRUARY

Demo videos posted on
our Facebook page
every Friday!

S	M	T	W	H	F	S
Set an interval timer or use phone stopwatch.	30 seconds each exercise. Little to no rest between.	2 rounds = 5 min 4 rounds = 10 min	Increase time to 45-60 seconds for added challenge!		1 Flutter Kicks Figure Four R Wipers Figure Four L Shoulder + Knee Taps	2 Flutter Kicks Figure Four R Wipers Figure Four L Shoulder + Knee Taps
3 Flutter Kicks Figure Four R Wipers Figure Four L Shoulder + Knee Taps	4 Flutter Kicks Figure Four R Wipers Figure Four L Shoulder + Knee Taps	5 Flutter Kicks Figure Four R Wipers Figure Four L Shoulder + Knee Taps	6 Flutter Kicks Figure Four R Wipers Figure Four L Shoulder + Knee Taps	7 Flutter Kicks Figure Four R Wipers Figure Four L Shoulder + Knee Taps	8 Reverse Crunch Plank Knee Slide R Frog Plank Knee Slide L Bicycle	9 Reverse Crunch Plank Knee Slide R Frog Plank Knee Slide L Bicycle
10 Reverse Crunch Plank Knee Slide R Frog Plank Knee Slide L Bicycle	11 Reverse Crunch Plank Knee Slide R Frog Plank Knee Slide L Bicycle	12 Reverse Crunch Plank Knee Slide R Frog Plank Knee Slide L Bicycle	13 Reverse Crunch Plank Knee Slide R Frog Plank Knee Slide L Bicycle	14 Reverse Crunch Plank Knee Slide R Frog Plank Knee Slide L Bicycle	15 Leg Lowers Oblique Lever R Butterfly Oblique Lever L Plank Knee Pulls	16 Leg Lowers Oblique Lever R Butterfly Oblique Lever L Plank Knee Pulls
17 Leg Lowers Oblique Lever R Butterfly Oblique Lever L Plank Knee Pulls	18 Leg Lowers Oblique Lever R Butterfly Oblique Lever L Plank Knee Pulls	19 Leg Lowers Oblique Lever R Butterfly Oblique Lever L Plank Knee Pulls	20 Leg Lowers Oblique Lever R Butterfly Oblique Lever L Plank Knee Pulls	21 Leg Lowers Oblique Lever R Butterfly Oblique Lever L Plank Knee Pulls	22 Triangle Hip Press Birdog + Airplane R Dolphin Tapouts Birdog + Airplane L Scissors	23 Triangle Hip Press Birdog + Airplane R Dolphin Tapouts Birdog + Airplane L Scissors
24 Triangle Hip Press Birdog + Airplane R Dolphin Tapouts Birdog + Airplane L Scissors	25 Triangle Hip Press Birdog + Airplane R Dolphin Tapouts Birdog + Airplane L Scissors	26 Triangle Hip Press Birdog + Airplane R Dolphin Tapouts Birdog + Airplane L Scissors	27 Triangle Hip Press Birdog + Airplane R Dolphin Tapouts Birdog + Airplane L Scissors	28 Triangle Hip Press Birdog + Airplane R Dolphin Tapouts Birdog + Airplane L Scissors		