

# December

## 2015



### Happy Holiday Hips Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		Rest Day	60 Sec of Each Standing Knee Raise 1 Leg Hip Bridge Fire Hydrant Standing Hip Abduction	Rest Day	60 Sec of Each Standing Knee Raise 1 Leg Hip Bridge Fire Hydrant Standing Hip Abduction	60 Sec of Each Standing Knee Raise 1 Leg Hip Bridge Fire Hydrant Standing Hip Abduction
6	7	8	9	10	11	12
Rest Day	90 Sec of Each Standing Knee Raise 1 Leg Hip Bridge Fire Hydrant Standing Hip Abduction	Rest Day	90 Sec of Each Standing Knee Raise 1 Leg Hip Bridge Fire Hydrant Standing Hip Abduction	Rest Day	90 Sec of Each Standing Knee Raise 1 Leg Hip Bridge Fire Hydrant Standing Hip Abduction	90 Sec of Each Standing Knee Raise 1 Leg Hip Bridge Fire Hydrant Standing Hip Abduction
13	14	15	16	17	18	19
Rest Day	90 Sec of Each Standing Knee Raise 1 Leg Hip Bridge Fire Hydrant Standing Hip Abduction	Rest Day	90 Sec of Each Standing Knee Raise 1 Leg Hip Bridge Fire Hydrant Standing Hip Abduction	Rest Day	90 Sec of Each Standing Knee Raise 1 Leg Hip Bridge Fire Hydrant Standing Hip Abduction	90 Sec of Each Standing Knee Raise 1 Leg Hip Bridge Fire Hydrant Standing Hip Abduction
20	21	22	23	24	25	26
Rest Day	2 Min of Each Standing Knee Raise 1 Leg Hip Bridge Fire Hydrant Standing Hip Abduction	Rest Day	2 Min of Each Standing Knee Raise 1 Leg Hip Bridge Fire Hydrant Standing Hip Abduction	Rest Day	Merry Christmas	2 Min of Each Standing Knee Raise 1 Leg Hip Bridge Fire Hydrant Standing Hip Abduction
27	28	29	30	31		
Rest Day	2 Min of Each Standing Knee Raise 1 Leg Hip Bridge Fire Hydrant Standing Hip Abduction	Rest Day	2 Min of Each Standing Knee Raise 1 Leg Hip Bridge Fire Hydrant Standing Hip Abduction	Rest Day	Happy New Year	

# Month

Year

[illegible]