



# January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1 mile walk/jog/run ___ min ___ sec	2 <b>15 Inchworms</b>	3 1 mile walk/jog/run ___ min ___ sec	4 <b>2 x 15sec Hollow Holds</b>	5 <b>Free Day!!! Go be active for at least 30 minutes.</b>
6 Rest & Relaxation	7 <b>15 Bridges</b>	8 1 mile walk/jog/run ___ min ___ sec	9 <b>20 Inchworms</b>	10 1 mile walk/jog/run ___ min ___ sec	11 <b>2 x 20sec Hollow Holds</b>	12 <b>Free Day!!! Go be active for at least 30 minutes.</b>
13 Rest & Relaxation	14 <b>20 Bridges</b>	15 1 mile walk/jog/run ___ min ___ sec	16 <b>25 Inchworms</b>	17 1 mile walk/jog/run ___ min ___ sec	18 <b>2 x 25sec Hollow Holds</b>	19 <b>Free Day!!! Go be active for at least 30 minutes.</b>
20 Rest & Relaxation	21 <b>25 Bridges</b>	22 1 mile walk/jog/run ___ min ___ sec	23 <b>30 Inchworms</b>	24 1 mile walk/jog/run ___ min ___ sec	25 <b>Stay in the hollow hold position as long as you can. _____</b>	26 <b>Free Day!!! Go be active for at least 30 minutes.</b>
27 Rest & Relaxation	28 <b>Complete as many bridges as you can in 2 min. _____</b>	29 1 mile walk/jog/run ___ min ___ sec	30 <b>Complete as many inchworms as you can in 2 min. _____</b>	31 1 mile walk/jog/run ___ min ___ sec		<b>Fill in the blanks with your personal information.</b>

## EXERCISES

### Inchworms

Inchworms are a great way to build upper body strength, while also working on flexibility and mobility. Check out how to complete an inchworm using this [video](#).

### Bridges

Bridges are perfect for building strength in your hamstrings and glutes. They also helps to reduce lower back pain. Learn how to complete bridges by watching this [video](#).

### Hollow Holds

Hollow holds help to build a stronger core. A strong core helps to alleviate pain from head to toe. Take your time progressing through this exercise by watching this [video](#).