

New Year, Move Better



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1		<u>BUSY MOMS WORKOUT</u> 5 min	<u>CORE</u> 7 min	<u>QUICK UPPER BODY WORKOUT- NO WEIGHTS</u> 6 min	<u>5 MIN LUNGES</u>	<u>BICEPS AND BACK</u> 5 min	<u>5 MIN INNER THIGH WORKOUT</u>
Week 2	<u>STRETCH FOR ANKLE MOBILITY</u>	<u>5 MINUTE TRICEP LEG, AND CARDIO</u>	<u>WOODCHOP WORKOUT</u>	<u>LOW IMPACT GLUTE WORKOUT</u>	<u>HEALTHY FEET, HAPPY HIPS YOGA</u>	<u>BUSY MOMS BACK, BUTT AND CARDIO</u>	<u>5 MIN OF MOVEMENT</u>
Week 3	<u>FOOT STRENGTH AND MOBILITY</u>	<u>BARE YOUR SHOULDERS</u>	<u>5 MINUTE GET MOVING</u>	<u>NO IMPACT LEG WORKOUT</u>	<u>SQUATS & SHOULDERS</u>	<u>SIDE PLANK LEG LIFT HIP DIP</u>	<u>SHAPE AND TONE YOUR BOOTY</u>
Week 4	<u>HOW TO GET INTO A LOW SQUAT</u>	<u>QUICK FULL BODY WORKOUT</u>	<u>5 MIN FULL BODY PLANK WORKOUT</u>	<u>5 MIN BACK, LEGS & CORE</u>	<u>HIP MOBILITY EXERCISES</u>	<u>5 MIN ABS</u>	<u>5 MIN STRENGTHEN WORKOUT</u>
Week 5	<u>TIGHT IN MID & UPPER BACK</u>	<u>5 MIN BICEP & BOOTY BURN</u>	<u>5 MIN CORE</u>	<u>180 REP BOOTY BURN</u>			