Day 1 Exercises

Exercise 1 – STRETCHES (Do twice a day. Preferably once in the morning and once at night):

- Hip Flexor Stretch
- Butterfly Stretch (Groin)
- Crossover Stretch (Back)
- Crossover Pull in Stretch (Glute)
- Lay Down Hamstring Stretch
- Sumo Squat Stretch
- Quad Stretch
- Calf Stretch
- Standing Hamstring Stretch
- Crossover Sitting Glute Stretch
- Chest Stretch
- Shoulder Stretch
- Lat Stretch
- Abs Stretch
- Bicep Stretch
- Tricep Stretch

Exercise 2 – CORE EXERCISES (Do once a day. Do 2 sets of each):

- Plank (Hold for 30 seconds)
- Side Plank (Hold for 30 seconds each side)
- Pelvic Thrusts on Back (Squeeze glutes at the top of each rep. 30 reps)
- Alternating Superman on Belly (Lift left arm and right leg simultaneously for 30 reps. Lift right arm and left leg simultaneously for 30 reps)
- Chest raise-ups on Belly (Lay flat on your belly with your arms by your side. While looking down raise your chest up as high as you can off the ground while squeezing your glutes/lower back. 30 reps)
- Alternating Superman on all 4’s (Get on all 4’s and simultaneously raise your right arm and left leg straight out until parallel with the ground. Hold for 30 seconds. Switch and raise your left arm and right leg straight out until parallel with the ground. Hold for 30 seconds)
Day 2 Exercises

**No Exercises Today**
Day 3 Exercises

Exercise 1 – STRETCHES (Do twice a day. Preferably once in the morning and once at night):

- Hip Flexor Stretch
- Butterfly Stretch (Groin)
- Crossover Stretch (Back)
- Crossover Pull in Stretch (Glute)
- Lay Down Hamstring Stretch
- Sumo Squat Stretch
- Quad Stretch
- Calf Stretch
- Standing Hamstring Stretch
- Crossover Sitting Glute Stretch
- Chest Stretch
- Shoulder Stretch
- Lat Stretch
- Abs Stretch
- Bicep Stretch
- Tricep Stretch

Exercise 2 – CORE EXERCISES (Do once a day. Do 2 sets of each):

- Plank (Hold for 30 seconds)
- Side Plank (Hold for 30 seconds each side)
- Pelvic Thrusts on Back (Squeeze glutes at the top of each rep. 30 reps)
- Alternating Superman on Belly (Lift left arm and right leg simultaneously for 30 reps. Lift right arm and left leg simultaneously for 30 reps)
- Chest raise-ups on Belly (Lay flat on your belly with your arms by your side. While looking down raise your chest up as high as you can off the ground while squeezing your glutes/lower back. 30 reps)
- Alternating Superman on all 4’s (Get on all 4’s and simultaneously raise your right arm and left leg straight out until parallel with the ground. Hold for 30 seconds. Switch and raise your left arm and right leg straight out until parallel with the ground. Hold for 30 seconds)
Day 4 Exercises

Exercise 1 – STRETCHES (Do twice a day. Preferably once in the morning and once at night):

- Hip Flexor Stretch
- Butterfly Stretch (Groin)
- Crossover Stretch (Back)
- Crossover Pull in Stretch (Glute)
- Lay Down Hamstring Stretch
- Sumo Squat Stretch
- Quad Stretch
- Calf Stretch
- Standing Hamstring Stretch
- Crossover Sitting Glute Stretch

Exercise 2 – CORE EXERCISES (Do once a day. Do 2 sets of each):

- Plank (Hold for 30 seconds)
- Side Plank (Hold for 30 seconds each side)
- Pelvic Thrusts on Back (Squeeze glutes at the top of each rep. 30 reps)
- Alternating Superman on Belly (Lift left arm and right leg simultaneously for 30 reps. Lift right arm and left leg simultaneously for 30 reps)
- Chest raise-ups on Belly (Lay flat on your belly with your arms by your side. While looking down raise your chest up as high as you can off the ground while squeezing your glutes/lower back. 30 reps)
- Alternating Superman on all 4’s (Get on all 4’s and simultaneously raise your right arm and left leg straight out until parallel with the ground. Hold for 30 seconds. Switch and raise your left arm and right leg straight out until parallel with the ground. Hold for 30 seconds)
Day 5 Exercises

Exercise 1 – STRETCHES (Do twice a day. Preferably once in the morning and once at night):

- Hip Flexor Stretch
- Butterfly Stretch (Groin)
- Crossover Stretch (Back)
- Crossover Pull in Stretch (Glute)
- Lay Down Hamstring Stretch
- Sumo Squat Stretch
- Quad Stretch
- Calf Stretch
- Standing Hamstring Stretch
- Crossover Sitting Glute Stretch
- Chest Stretch
- Shoulder Stretch
- Lat Stretch
- Abs Stretch
- Bicep Stretch
- Tricep Stretch

Exercise 2 – CORE EXERCISES (Do once a day. Do 2 sets of each):

- Plank (Hold for 30 seconds)
- Side Plank (Hold for 30 seconds each side)
- Pelvic Thrusts on Back (Squeeze glutes at the top of each rep. 30 reps)
- Alternating Superman on Belly (Lift left arm and right leg simultaneously for 30 reps. Lift right arm and left leg simultaneously for 30 reps)
- Chest raise-ups on Belly (Lay flat on your belly with your arms by your side. While looking down raise your chest up as high as you can off the ground while squeezing your glutes/lower back. 30 reps)
- Alternating Superman on all 4’s (Get on all 4’s and simultaneously raise your right arm and left leg straight out until parallel with the ground. Hold for 30 seconds. Switch and raise your left arm and right leg straight out until parallel with the ground. Hold for 30 seconds)
Day 6 Exercises

Exercise 1 – STRETCHES (Do twice a day. Preferably once in the morning and once at night):

- Hip Flexor Stretch
- Butterfly Stretch (Groin)
- Crossover Stretch (Back)
- Crossover Pull in Stretch (Glute)
- Lay Down Hamstring Stretch
- Sumo Squat Stretch
- Quad Stretch
- Calf Stretch
- Standing Hamstring Stretch
- Crossover Sitting Glute Stretch

Exercise 2 – CORE EXERCISES (Do once a day. Do 2 sets of each):

- Plank (Hold for 30 seconds)
- Side Plank (Hold for 30 seconds each side)
- Pelvic Thrusts on Back (Squeeze glutes at the top of each rep. 30 reps)
- Alternating Superman on Belly (Lift left arm and right leg simultaneously for 30 reps. Lift right arm and left leg simultaneously for 30 reps)
- Chest raise-ups on Belly (Lay flat on your belly with your arms by your side. While looking down raise your chest up as high as you can off the ground while squeezing your glutes/lower back. 30 reps)
- Alternating Superman on all 4’s (Get on all 4’s and simultaneously raise your right arm and left leg straight out until parallel with the ground. Hold for 30 seconds. Switch and raise your left arm and right leg straight out until parallel with the ground. Hold for 30 seconds)
Day 7 Exercises

Exercise 1 – STRETCHES (Do twice a day. Preferably once in the morning and once at night):

- Hip Flexor Stretch
- Butterfly Stretch (Groin)
- Crossover Stretch (Back)
- Crossover Pull in Stretch (Glute)
- Lay Down Hamstring Stretch
- Sumo Squat Stretch
- Quad Stretch
- Calf Stretch
- Standing Hamstring Stretch
- Crossover Sitting Glute Stretch

Exercise 2 – CORE EXERCISES (Do once a day. Do 2 sets of each):

- Plank (Hold for 30 seconds)
- Side Plank (Hold for 30 seconds each side)
- Pelvic Thrusts on Back (Squeeze glutes at the top of each rep. 30 reps)
- Alternating Superman on Belly (Lift left arm and right leg simultaneously for 30 reps. Lift right arm and left leg simultaneously for 30 reps)
- Chest raise-ups on Belly (Lay flat on your belly with your arms by your side. While looking down raise your chest up as high as you can off the ground while squeezing your glutes/lower back. 30 reps)
- Alternating Superman on all 4’s (Get on all 4’s and simultaneously raise your right arm and left leg straight out until parallel with the ground. Hold for 30 seconds. Switch and raise your left arm and right leg straight out until parallel with the ground. Hold for 30 seconds)
Day 8 Exercises

Exercise 1 – STRETCHES (Do twice a day. Preferably once in the morning and once at night):

- Hip Flexor Stretch
- Butterfly Stretch (Groin)
- Crossover Stretch (Back)
- Crossover Pull in Stretch (Glute)
- Lay Down Hamstring Stretch
- Sumo Squat Stretch
- Quad Stretch
- Calf Stretch
- Standing Hamstring Stretch
- Crossover Sitting Glute Stretch

Exercise 2 – CORE EXERCISES (Do once a day. Do 2 sets of each):

- Plank (Hold for 30 seconds)
- Side Plank (Hold for 30 seconds each side)
- Pelvic Thrusts on Back (Squeeze glutes at the top of each rep. 30 reps)
- Alternating Superman on Belly (Lift left arm and right leg simultaneously for 30 reps. Lift right arm and left leg simultaneously for 30 reps)
- Chest raise-ups on Belly (Lay flat on your belly with your arms by your side. While looking down raise your chest up as high as you can off the ground while squeezing your glutes/lower back. 30 reps)
- Alternating Superman on all 4’s (Get on all 4’s and simultaneously raise your right arm and left leg straight out until parallel with the ground. Hold for 30 seconds. Switch and raise your left arm and right leg straight out until parallel with the ground. Hold for 30 seconds)