

30 DAY AB RECOVERY CHALLENGE

DAY 1
5 HEEL TAP
5 HIP BRIDGE
5 BIRD- DOG
5 CAT- COW

DAY 2
7 HEEL TAP
7 HIP BRIDGE
7 BIRD- DOG
7 CAT- COW

DAY 3
7 HEEL TAP
7 HIP BRIDGE
7 BIRD- DOG
7 CAT- COW

DAY 4
9 HEEL TAP
9 HIP BRIDGE
9 BIRD- DOG
9 CAT- COW

DAY 5
9 HEEL TAP
9 HIP BRIDGE
9 BIRD- DOG
9 CAT- COW

DAY 6
9 HEEL TAP
9 HIP BRIDGE
9 BIRD- DOG
9 CAT- COW

DAY 7
REST DAY!

DAY 8
11 HEEL TAP
11 HIP BRIDGE
11 BIRD- DOG
11 CAT- COW

DAY 9
11 HEEL TAP
11 HIP BRIDGE
11 BIRD- DOG
11 CAT- COW

DAY 10
13 HEEL TAP
13 HIP BRIDGE
13 BIRD- DOG
13 CAT- COW

DAY 11
13 HEEL TAP
13 HIP BRIDGE
13 BIRD- DOG
13 CAT- COW

DAY 12
13 HEEL TAP
13 HIP BRIDGE
13 BIRD- DOG
13 CAT- COW

DAY 13
13 HEEL TAP
13 HIP BRIDGE
13 BIRD- DOG
13 CAT- COW

DAY 14
REST DAY!

DAY 15
15 HEEL TAP
15 HIP BRIDGE
15 BIRD- DOG
15 CAT- COW

DAY 16
15 HEEL TAP
15 HIP BRIDGE
15 BIRD- DOG
15 CAT- COW

DAY 17
15 HEEL TAP
15 HIP BRIDGE
15 BIRD- DOG
15 CAT- COW

DAY 18
17 HEEL TAP
17 HIP BRIDGE
17 BIRD- DOG
17 CAT- COW

DAY 19
17 HEEL TAP
17 HIP BRIDGE
17 BIRD- DOG
17 CAT- COW

DAY 20
17 HEEL TAP
17 HIP BRIDGE
17 BIRD- DOG
17 CAT- COW

DAY 21
REST DAY!

DAY 22
21 HEEL TAP
21 HIP BRIDGE
21 BIRD- DOG
21 CAT- COW

DAY 23
21 HEEL TAP
21 HIP BRIDGE
21 BIRD- DOG
21 CAT- COW

DAY 24
21 HEEL TAP
21 HIP BRIDGE
21 BIRD- DOG
21 CAT- COW

DAY 25
23 HEEL TAP
23 HIP BRIDGE
23 BIRD- DOG
23 CAT- COW

DAY 26
23 HEEL TAP
23 HIP BRIDGE
23 BIRD- DOG
23 CAT- COW

DAY 27
23 HEEL TAP
23 HIP BRIDGE
23 BIRD- DOG
23 CAT- COW

DAY 28
REST DAY!

DAY 29
25 HEEL TAP
25 HIP BRIDGE
25 BIRD- DOG
25 CAT- COW

DAY 30
25 HEEL TAP
25 HIP BRIDGE
25 BIRD- DOG
25 CAT- COW