

WEEKLY CHECKLIST

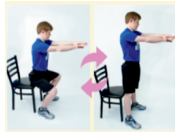
PLACE AN 'X' EACH DAY THAT YOU COMPLETE A MOVEMENT.

MOVEMENTS

SUN MON TUE WED THU FRI SAT

SQUATS

15 REPETITIONS



<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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LATERAL TILTS

15 EACH SIDE



<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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STANDING HIP ABDUCTION

15 EACH SIDE



<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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ROTATIONAL PASSES

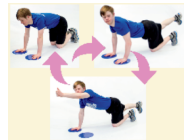
10 RIGHT - 10 LEFT



<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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QUADRUPED HANDS & KNEES REACHES

15 EACH SIDE



<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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PLANK

20-30 SECOND HOLD



<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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ADDITIONAL MOVEMENT IDEAS

- | | | |
|--|---|---|
| <input type="checkbox"/> TAKE A WALK | <input type="checkbox"/> GO FOR A BIKE RIDE | <input type="checkbox"/> DO A GIGIFIT ON DEMAND VIDEO |
| <input type="checkbox"/> GO FOR A SWIM | <input type="checkbox"/> WALK YOUR DOG | <input type="checkbox"/> PLAY A GAME OUTSIDE |

CONGRATULATIONS!! CELEBRATE YOUR BEST OF ALL!
TAKE A PHOTO AND TAG #GIGIFIT ON SOCIAL MEDIA