SQUATS
15 REPETITIONS

LATERAL TILTS
15 EACH SIDE

STANDING HIP ABDUCTION
15 EACH SIDE

ROTATIONAL PASSES
10 RIGHT - 10 LEFT

QUADRUPED HANDS & KNEES REACHES
15 EACH SIDE

PLANK
20-30 SECOND HOLD

SUN  MON  TUE  WED  THU  FRI  SAT

ADD. MOVEMENT IDEAS

- TAKE A WALK
- GO FOR A BIKE RIDE
- DO A GIGIFIT ON DEMAND VIDEO
- GO FOR A SWIM
- WALK YOUR DOG
- PLAY A GAME OUTSIDE

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