

MONDAY FOCUS: Full body core/ HIPS

1. MYRTL/ Hip Routine
[MYRTL link](#)
2. Plank Routine 30sec- 1 min each
 - a. Front plank (teach modifications)
 - b. Side Planks
3. Crunches 20
4. Suitcases 20
5. Leg lifts 20
6. Supermans & hello neighbors 20 each
7. Wall Sits 30sec– 2min