

January 2021 Hips Don't Lie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10 clams 10 fire hydrants 10 donkey kicks	2 10 standing side kicks 10 lying leg raises 20 second side step
3 20 min walk 1 min plank 30 sec butterfly	4 10 lying leg raises 10 clams 20 tricep overheads	5 10 donkey kicks 30 second side step 15 standing side kicks	6 20 min cardio 20 bicep curls 30 sec thread the needle	7 10 clams 15 standing side kicks 30 second side step	8 20 min yoga for hips	9 10 lying leg raises 15 fire hydrants 15 donkey kicks
10 20 min walk 1 min plank 30 sec butterfly	11 15 clams 15 fire hydrants 1 min side step	12 20 lying leg raises 20 donkey kicks 20 tabletop arm dips	13 20 standing side kicks 15 clams 15 donkey kicks	14 20 min cardio 20 kickbacks 30 sec thread the needle	15 25 fire hydrant 20 lying leg raises 15 clams	16 20 min yoga for hips
17 20 min walk 1 min plank 1 min butterfly	18 25 lying leg raises 25 donkey kicks 25 pushups	19 25 fire hydrants 1 min side step 1 min thread the needle	20 25 clams 25 standing side kicks 1 min plank	21 20 donkey kicks 1 min side step 1 min butterfly	22 20 min cardio 1 min thread the needle	23 25 lying leg raises 25 clams 25 fire hydrants
24 20 min walk 1 min plank 1 min butterfly	25 30 fire hydrants 30 clams 30 lying leg raises	26 30 donkey kicks 30 standing side kicks 1 min side step	27 20 min cardio 20 shoulder presses 1 min thread the needle	28 30 clams 30 standing side kicks 30 fire hydrants	29 20 min yoga for hips	30 30 clams 30 fire hydrants 30 standing side kicks