

JANUARY

DAILY

- 30 Sink Pushups
(On One Foot 15) Fast Pace
- 10 Wide Leg Shifts
 - 2 High Knee Ups
- 2 High Knee Open the Knee Out
- 5 Leg Swings Forward and Back
 - 1 Lunge Leg Hold
 - 15 Butt Pulses
- 20 Basic Crunches
(Off a Sofa or Ottoman)
- 10 Whittles
- 10 Open Leg Stretch