

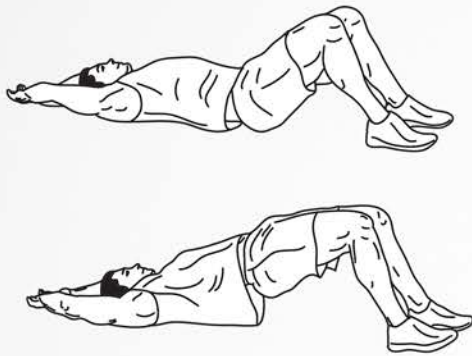


BACK
& CORE

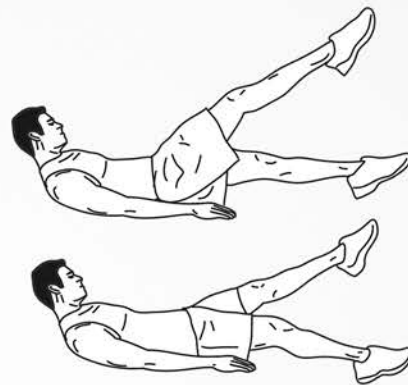
back & core

Day 1
Support
& Strength

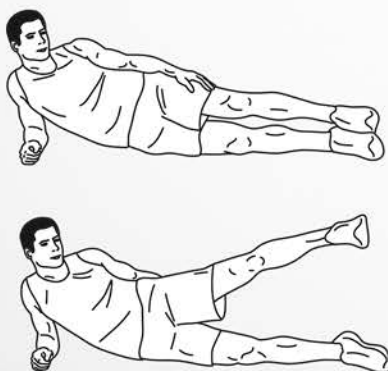
© darebee.com



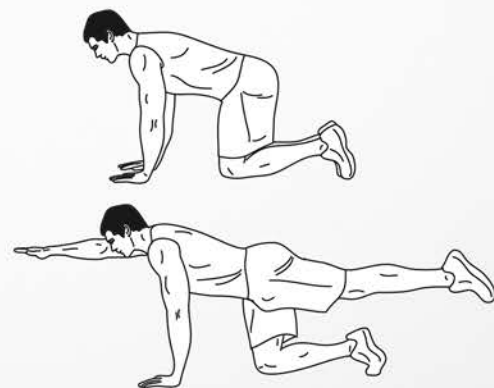
10 bridges
4 sets | 20 seconds rest



20 flutter kicks
4 sets | 20 seconds rest



20 side leg raises
2 sets left side | 2 sets right side
20 seconds rest

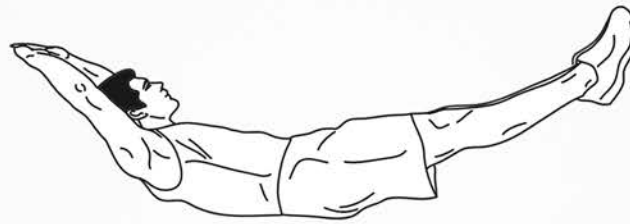


10 opposite arm / leg raises
2 sets left side | 2 sets right side
20 seconds rest

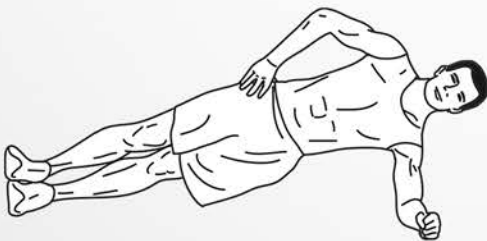
back & core

Day 2
Stabilization

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20sec hollow hold



10sec side plank hold
per side



10sec uneven plank hold
per side

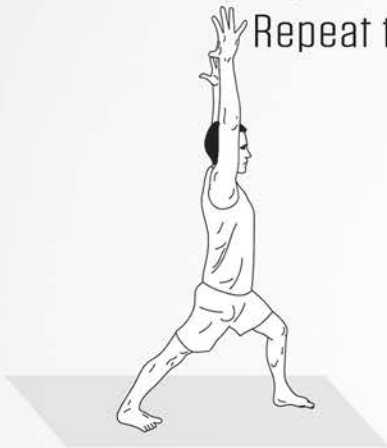
back & core

Day 3
Recovery
& Pain Relief

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Hold each pose for 20 seconds then move on to the next one.

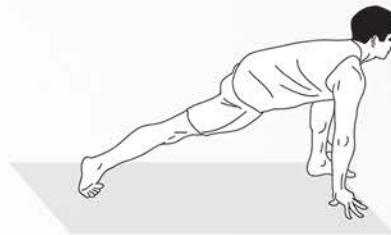
Repeat the sequence again on the other side.



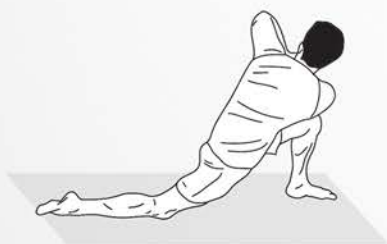
1. warrior I



2. warrior II



3. lunge



4. lunge with twist



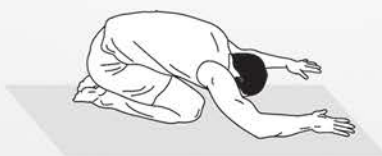
5. pigeon pose



6. downward dog



7. bow pose



8. child pose



9. reclining hero

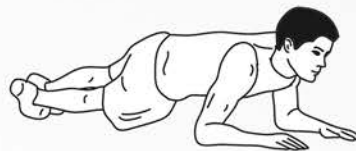
back & core

Day 4
Core Control

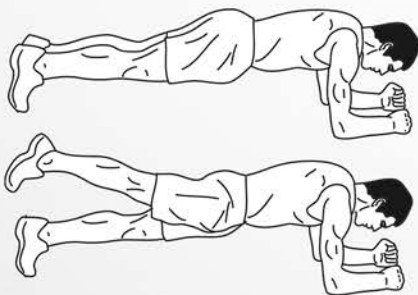
© darebee.com



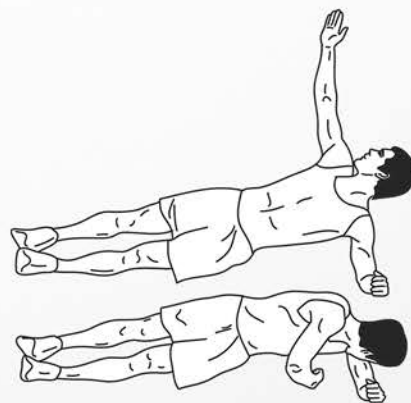
20 seagulls
4 sets | 20 seconds rest



10 plank rolls
4 sets | 20 seconds rest



10 plank leg raises
2 sets left side | 2 sets right side
20 seconds rest



10 side plank rotations
2 sets left side | 2 sets right side
20 seconds rest

back & core

Day 5
Balance
& Coordination

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Hold each pose for 20 seconds then move onto the next one.
Repeat the sequence again on the other side.



1. knee raised up



2. calf raises



3. leg raised to the side



4. leg raised forward

tip: you can hold on
to something



5. single leg half squat

back & core

Day 6
Support
& Strength

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10 swimmers
4 sets | 20 seconds rest



5 bottom to heels stretch
4 sets | 20 seconds rest



10 knee in & twists
4 sets | 20 seconds rest

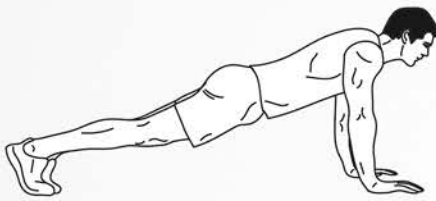


20 sitting twists
4 sets | 20 seconds rest

back & core

Day 7
Stabilization

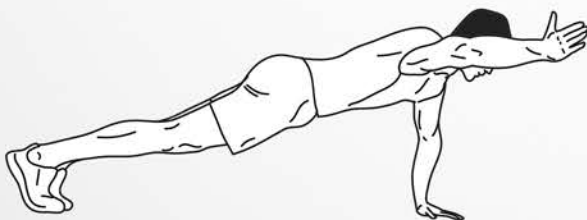
© darebee.com



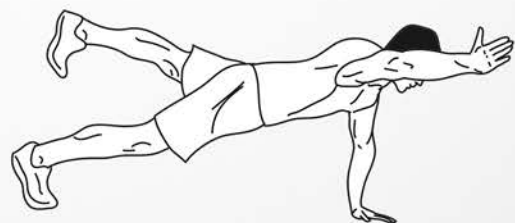
20sec plank hold



20sec side plank hold
per side



20sec raised arm plank hold
per side



20sec alt arm leg raised plank hold
per side

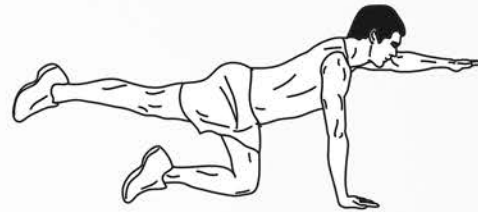
back & core

Day 8
Recovery
& Pain Relief

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4 bottom to heels stretch
4 sets | 20 seconds rest



16 opposite arm / leg raises
4 sets | 20 seconds rest



6 back extensions
4 sets | 20 seconds rest

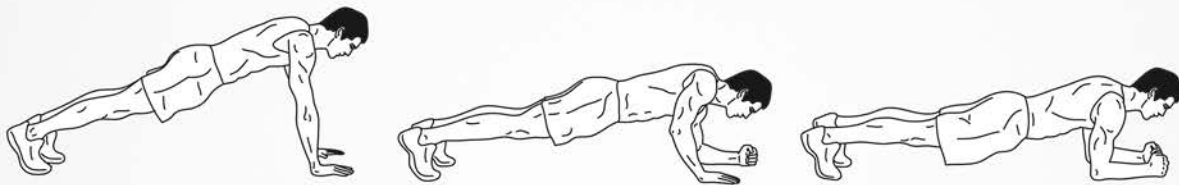


8 knee rolls
4 sets | 20 seconds rest

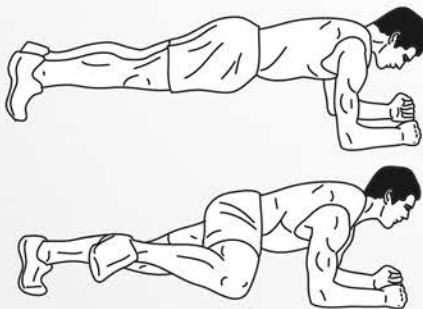
back & core

Day 9
Core Control

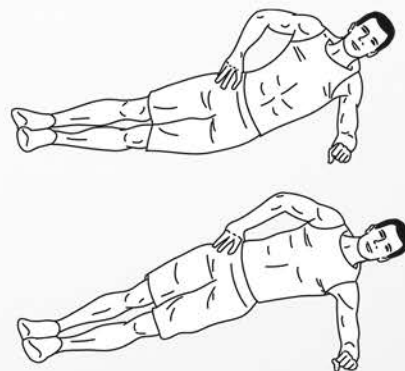
© darebee.com



10 up and down planks



10 plank hold side crunches
2 sets left side | **2 sets** right side
20 seconds rest



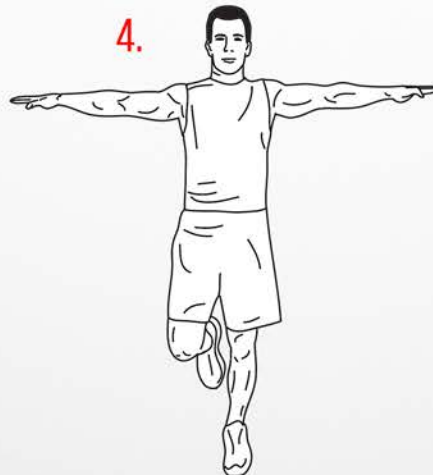
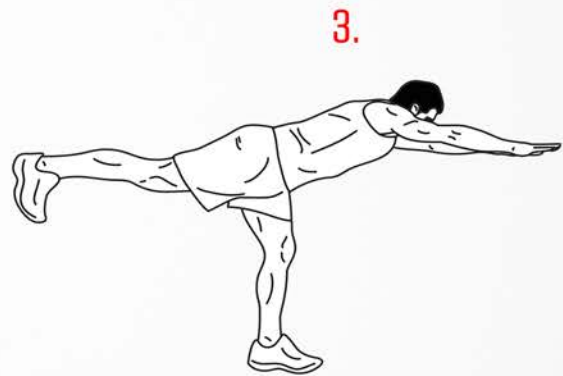
10 side bridges
2 sets left side | **2 sets** right side
20 seconds rest

back & core

Day 10
Balance
& Coordination

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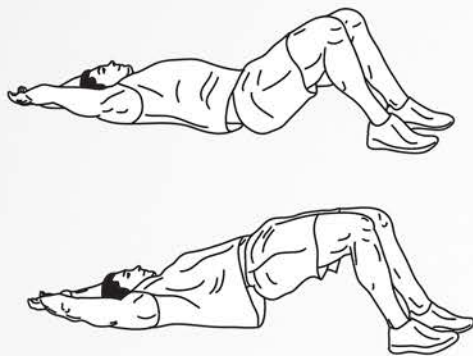
Repeat the sequence going from one move to the next - slowly.
Complete 6 times in total (3 each side). Hold the final pose for 10 seconds.



back & core

Day 11
Support
& Strength

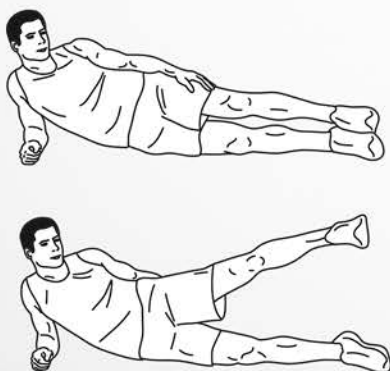
© darebee.com



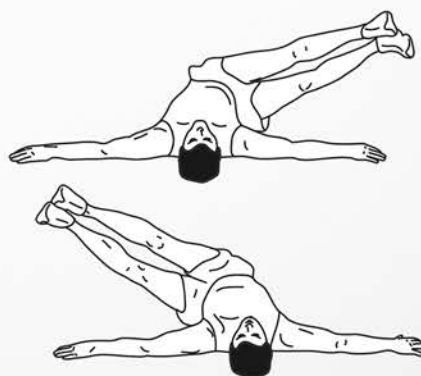
15 bridges
4 sets | 20 seconds rest



10 knee-to-elbow crunches
4 sets | 20 seconds rest



30 side leg raises
2 sets left side | 2 sets right side
20 seconds rest

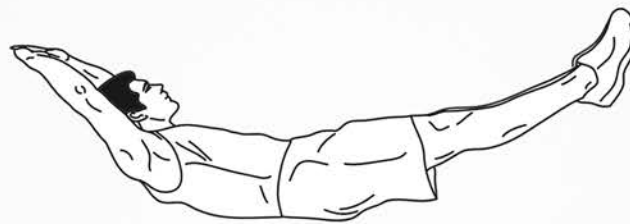


10 windshield wipers
4 sets | 20 seconds rest

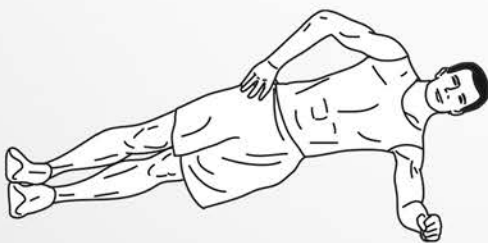
back & core

Day 12
Stabilization

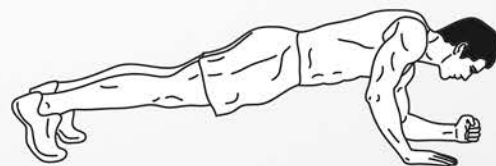
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30sec hollow hold



15sec side plank hold
per side



15sec uneven plank hold
per side

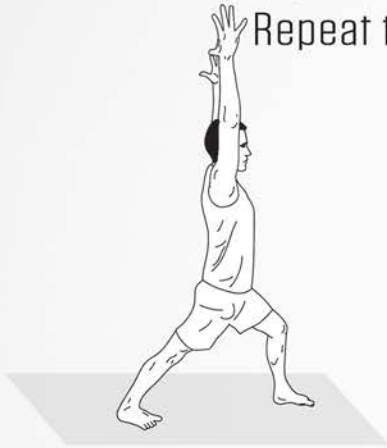
back & core

Day 13
Recovery
& Pain Relief

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Hold each pose for 20 seconds then move on to the next one.

Repeat the sequence again on the other side.



1. warrior I



2. warrior II



3. lunge



4. lunge with twist



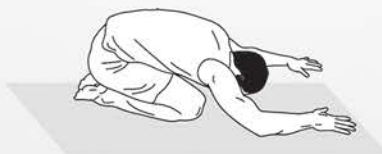
5. pigeon pose



6. downward dog



7. bow pose



8. child pose



9. reclining hero

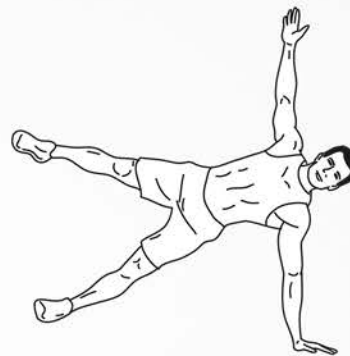
back & core

Day 14
Core Control

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10 plank rotations
4 sets | 20 seconds rest



10-count side star plank hold
2 sets left side | **2 sets** right side
20 seconds rest



10 plank rolls
4 sets | 20 seconds rest



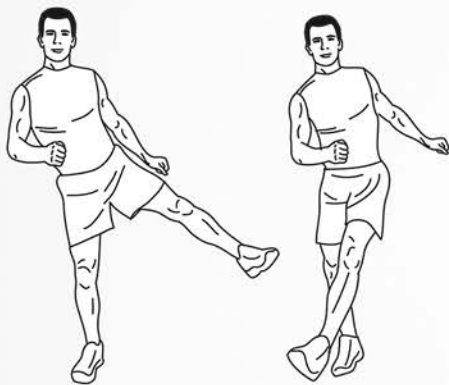
10 seagulls
2 sets left side | **2 sets** right side
20 seconds rest

back & core

Day 15
Balance
& Coordination

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Repeat (or hold) each exercise for 20 seconds then move on to the next one.
Repeat the sequence again with the other leg.



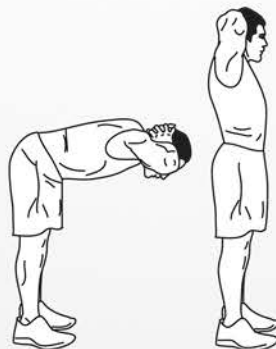
1. side leg swings



2. forward leg swings



3. single leg stand



4. forward bends

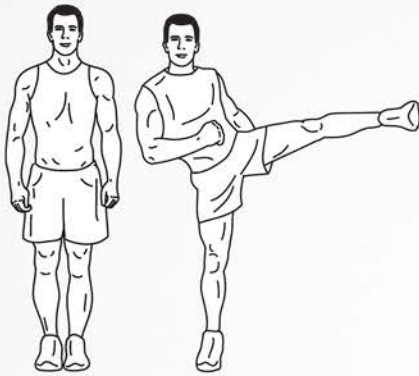


5. side leg raise hold

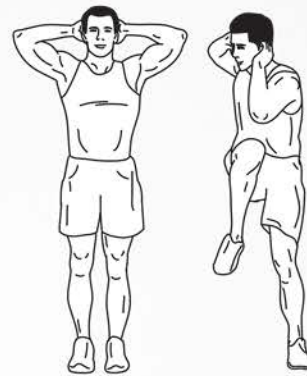
back & core

Day 16
Support
& Strength

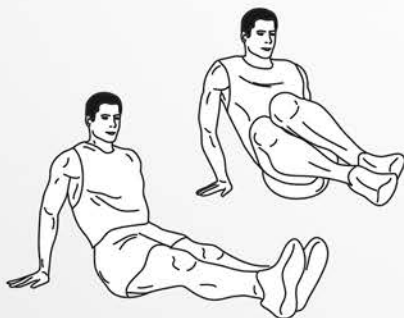
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20 side leg raises
2 sets left side | **2 sets** right side
20 seconds rest



20 knee-to-elbows
4 sets | 20 seconds rest



10 knee-ins and twists
4 sets | 20 seconds rest

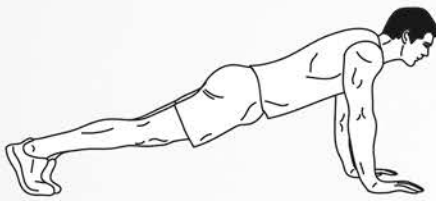


10 side scissors
2 sets left side | **2 sets** right side
20 seconds rest

back & core

Day 17
Stabilization

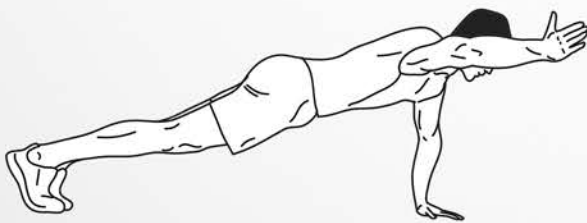
© darebee.com



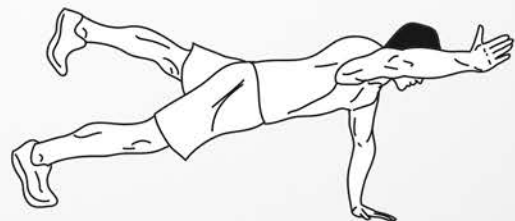
30sec plank hold



15sec side plank hold
per side



15sec raised arm plank hold
per side

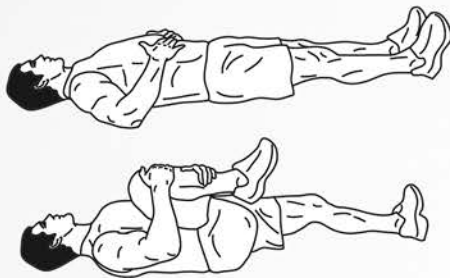


15sec alt arm leg raised plank hold
per side

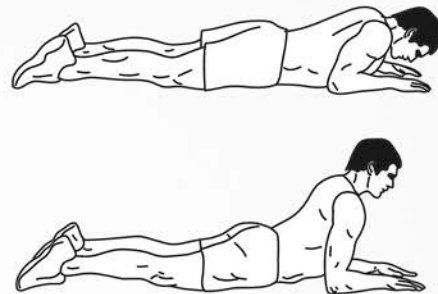
back & core

Day 18
Recovery
& Pain Relief

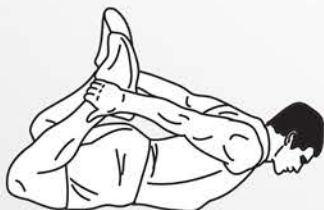
© darebee.com



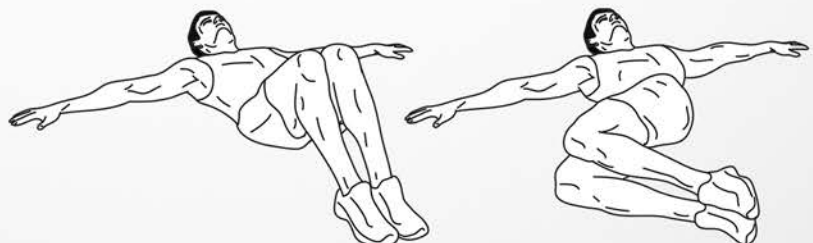
10 knee hug stretches
4 sets | 20 seconds rest



10 back extensions
4 sets | 20 seconds rest



20-count bow pose hold

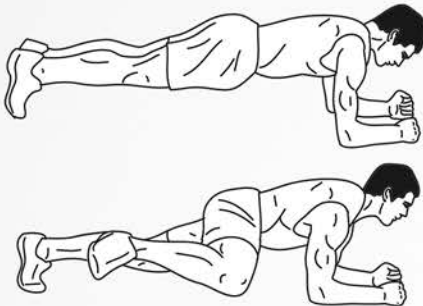


20 knee rolls
4 sets | 20 seconds rest

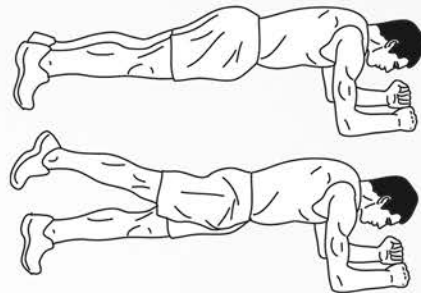
back & core

Day 19
Core Control

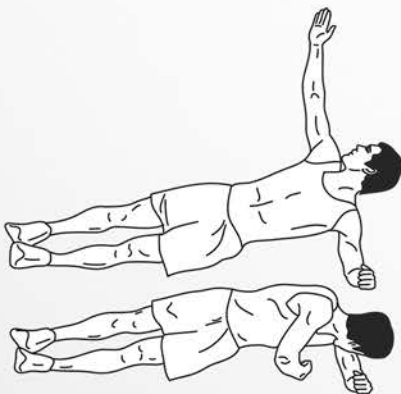
© darebee.com



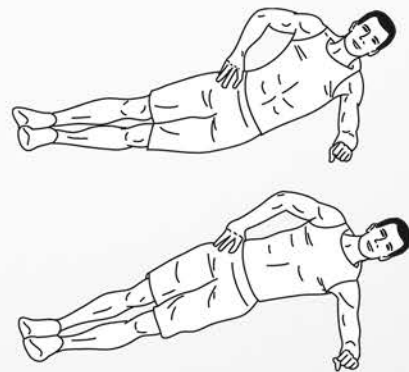
10 plank hold side crunches
2 sets left side | **2 sets** right side
20 seconds rest



10 elbow plank leg raises
2 sets left side | **2 sets** right side
20 seconds rest



10 side elbow plank rotations
2 sets left side | **2 sets** right side
20 seconds rest



10 side bridges
2 sets left side | **2 sets** right side
20 seconds rest

back & core

Day 20
Balance
& Coordination

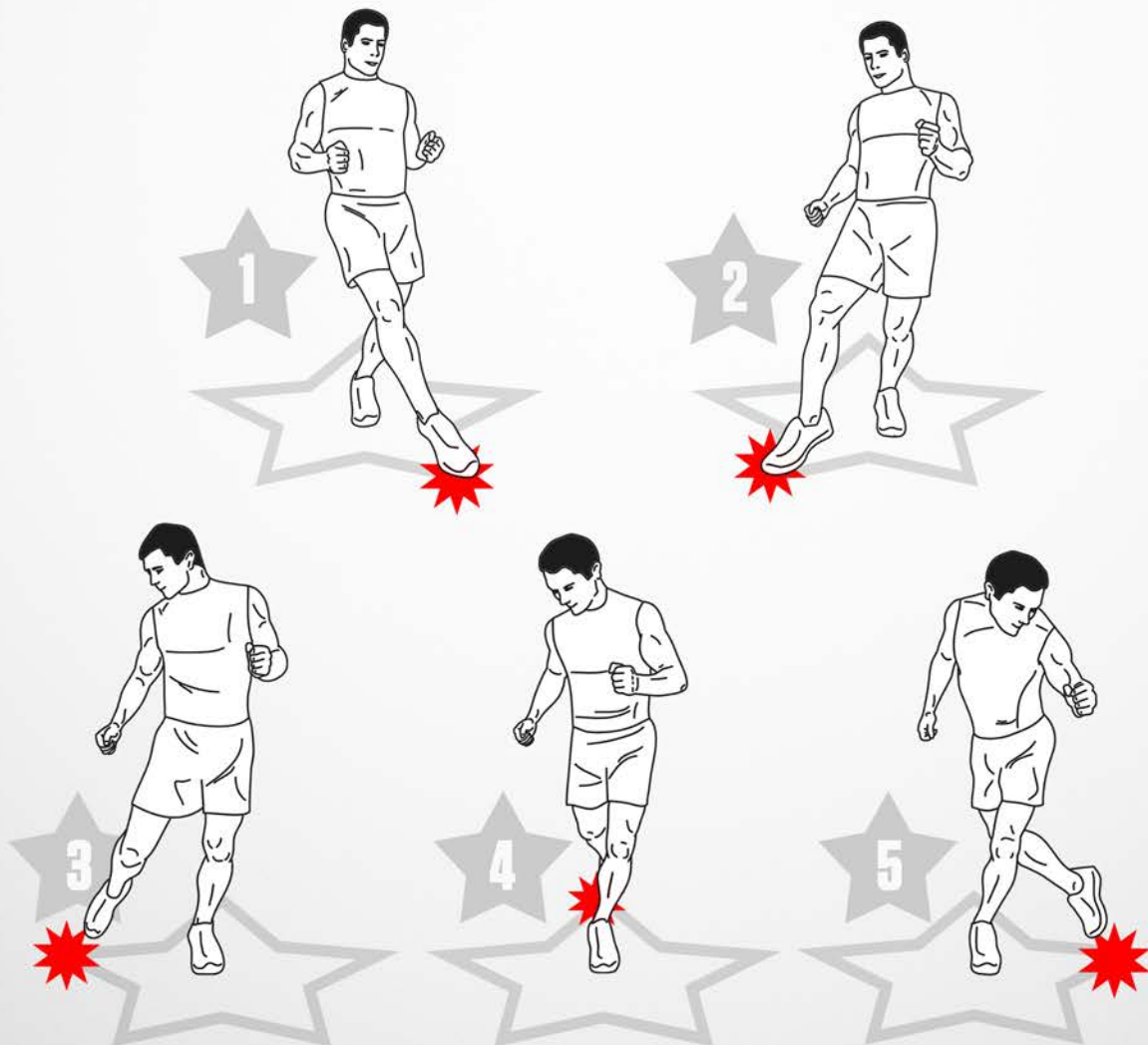
© darebee.com

Instructions: balance on one leg and tap with the other.

60 seconds right leg clockwise 

60 seconds left leg counterclockwise 

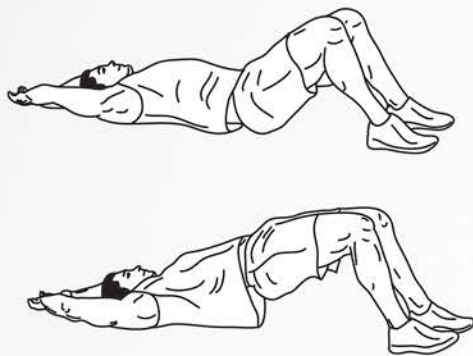
2 minutes in total



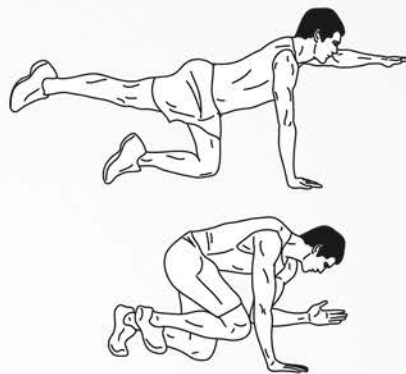
back & core

Day 21
Support
& Strength

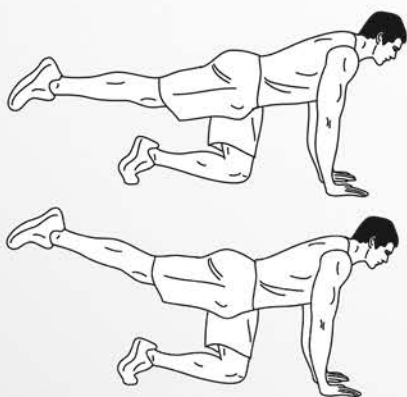
© darebee.com



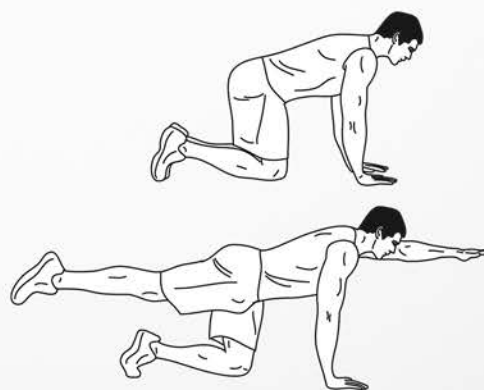
10 bridges
4 sets | 20 seconds rest



10 knee-to-elbows
2 sets left side | **2 sets** right side
20 seconds rest



20 leg swings
2 sets left side | **2 sets** right side
20 seconds rest

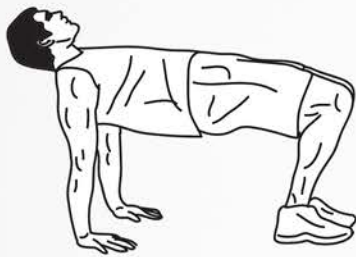


10 opposite arm leg raises
2 sets left side | **2 sets** right side
20 seconds rest

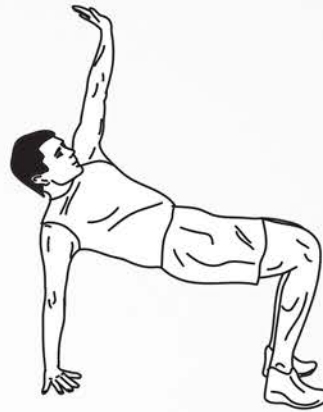
back & core

Day 22
Stabilization

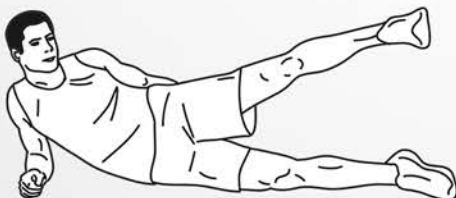
© darebee.com



10sec full bridge



10sec full bridge with reach
per side



30sec side leg raise hold
per side



30sec hollow hold

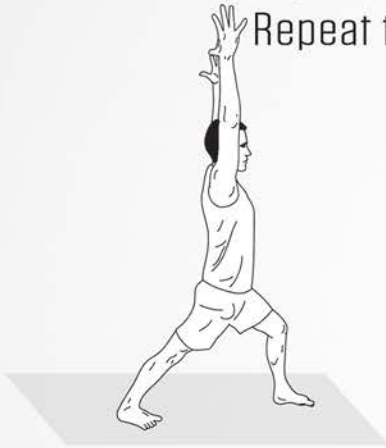
back & core

Day 23
Recovery
& Pain Relief

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Hold each pose for 20 seconds then move on to the next one.

Repeat the sequence again on the other side.



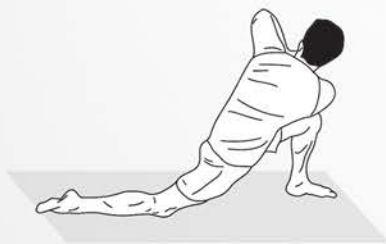
1. warrior I



2. warrior II



3. lunge



4. lunge with twist



5. pigeon pose



6. downward dog



7. bow pose



8. child pose

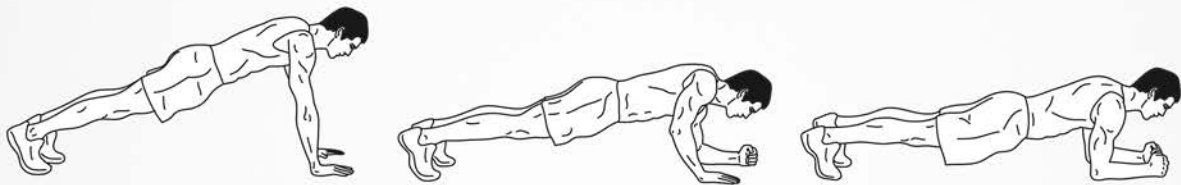


9. reclining hero

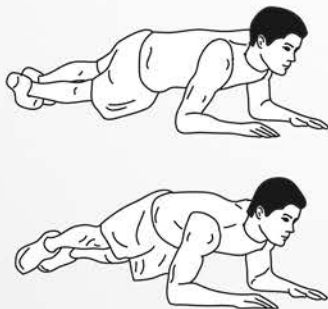
back & core

Day 24
Core Control

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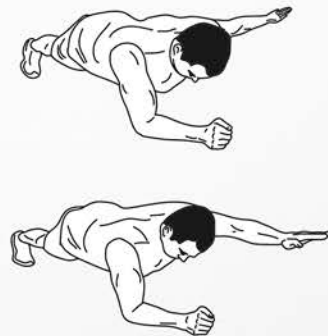


12 up and down planks



12 plank rolls

4 sets | 20 seconds rest



12 seagulls

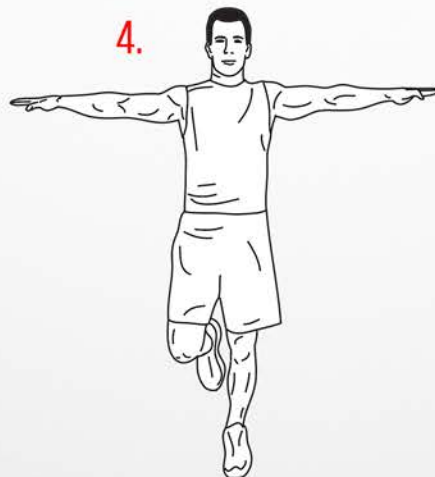
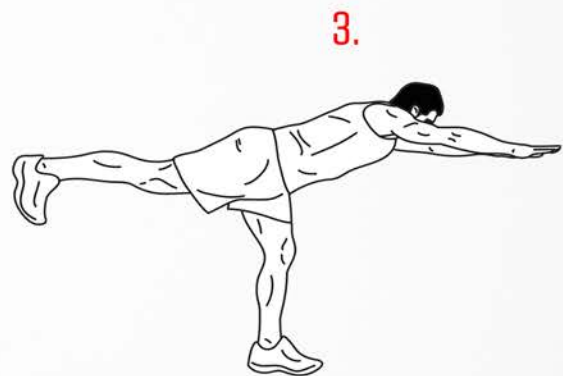
2 sets left side | **2 sets** right side
20 seconds rest

back & core

Day 25
Balance
& Coordination

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Repeat the sequence going from one move to the next - slowly.
Complete 10 times in total (5 each side). Hold the final pose for 20 seconds.



back & core

Day 26
Support
& Strength

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12 swimmers
4 sets | 20 seconds rest



6 bottom to heels stretch
4 sets | 20 seconds rest



12 knee in & twists
4 sets | 20 seconds rest

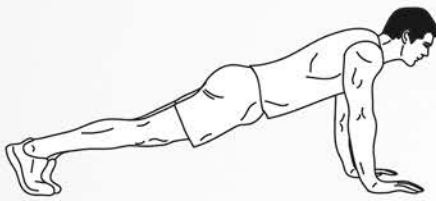


24 sitting twists
4 sets | 20 seconds rest

back & core

Day 27
Stabilization

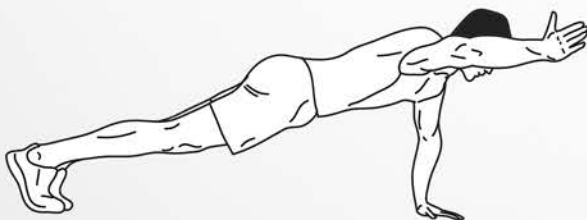
© darebee.com



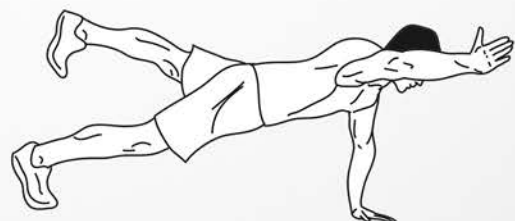
30sec plank hold



30sec side plank hold
per side



30sec raised arm plank hold
per side



15sec alt arm leg raised plank hold
per side

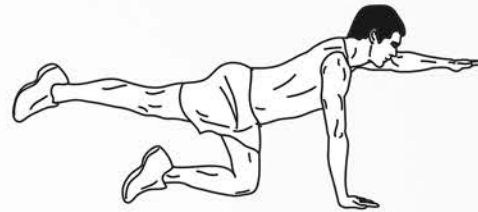
back & core

Day 28
Recovery
& Pain Relief

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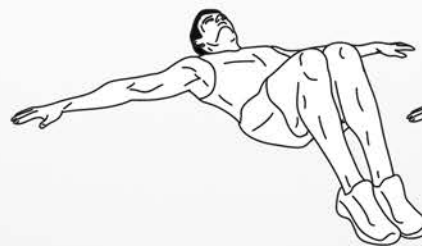
6 bottom to heels stretch
4 sets | 20 seconds rest



24 opposite arm / leg raises
4 sets | 20 seconds rest



12 back extensions
4 sets | 20 seconds rest



12 knee rolls
4 sets | 20 seconds rest

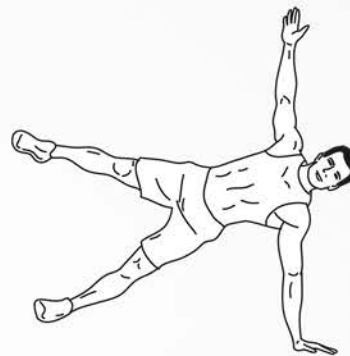
back & core

Day 29
Core Control

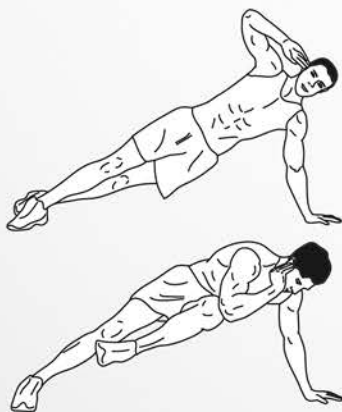
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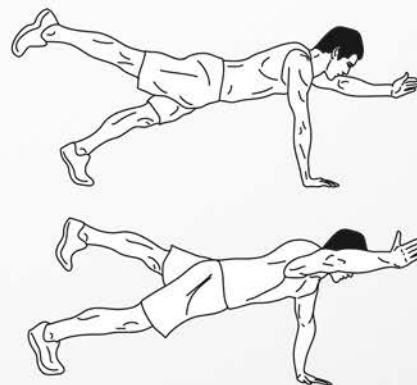
12 plank rotations
4 sets | 20 seconds rest



15-count side star plank hold
2 sets left side | **2 sets** right side
20 seconds rest



12 side plank knee-to-elbows
2 sets left side | **2 sets** right side
20 seconds rest



12 alt arm leg raises
4 sets | 20 seconds rest

back & core

Day 30
Balance
& Coordination

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Repeat (or hold) each exercise for 30 seconds then move on to the next one.
Repeat the sequence again with the other leg.



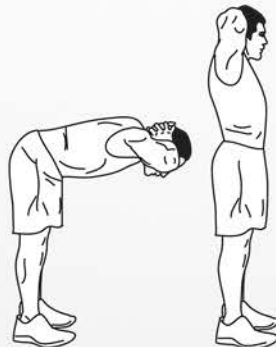
1. side leg swings



2. forward leg swings



3. single leg stand



4. forward bends



5. side leg raise hold

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