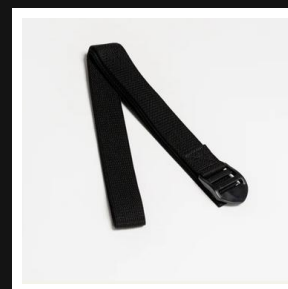
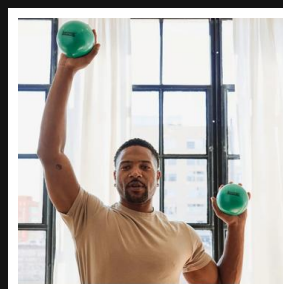
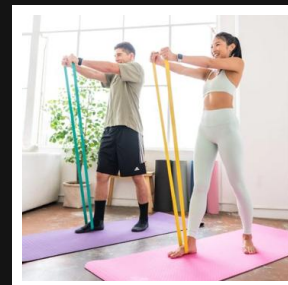
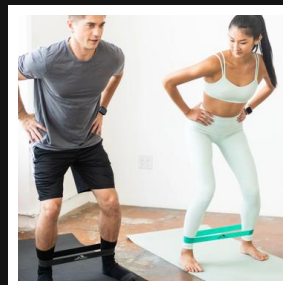


MONTH 5 • HIP RESET

30 days. Looser hips. Happier back.

Month 5 starts a new series focused on your hips, lower back and pelvic floor. 20 all-new, gentle moves to undo hours of sitting.



Resistance Loops ×4

● LIGHT ● MED ● HEAVY ● X-HEAVY

Elite Resistance Band — Light

25-50 LBS

Weight Balls ×2

5 LBS EACH

Yoga Strap

8 FEET

YOUR WEEKLY SCHEDULE • 15 MINUTES A DAY

Mon

Hips + Glutes
+ Pelvic floor

Tue

Lower Back + Hips
+ Pelvic floor

Wed

Glutes + Lower Back
+ Pelvic floor

Thu

Hips + Glutes
+ Pelvic floor

Fri

Lower Back + extra
Mobility
+ Pelvic floor

LOOP

Resistance loop

ELITE BAND

25-50 lb band

WEIGHT BALL

5 lb ball

YOGA STRAP

8 ft strap

NO EQUIPMENT

Bodyweight

Before you begin: Use a sturdy, non-rolling chair and desk, a mat or carpet for floor moves, and keep a clear space around you. Stop if you feel sharp pain, dizziness, or numbness. If you are pregnant, recovering from injury, or have a health condition, check with your healthcare provider before starting a new exercise routine. **Pelvic floor and lower back:** move only in a pain-free range. If you have back pain that travels down a leg, numbness, pelvic pain, leaking, or heaviness, or are pregnant or postpartum, see your healthcare provider or a pelvic floor physical therapist for a personal plan. Never practice by stopping your urine flow.

Hips Mobility & strength

Ball 90/90 Hip Switch 3 × 8 each side

WEIGHT BALL One ball at chest · Seated on floor

Sit on the floor with knees bent and feet wider than hips, holding a ball at your chest. Let both knees drop to one side, then lift and drop them to the other side.

Sit tall; move slowly through the hips.

Loop Seated Knee Lift 3 × 5 each, hold 5 s

LOOP ● Green / ● Red · Around feet · Seated

Sit tall with the loop around the tops of both feet. Lift one knee so the foot rises a few inches against the band. Hold for 5 seconds, lower, and switch.

Don't lean back to lift.

Loop Seated Internal Rotation 3 × 12

LOOP ● Green · Around ankles · Seated

Sit tall with knees together and the loop around both ankles. Keeping your knees touching, swing your feet apart against the band, then bring them back.

Knees stay glued together.

Loop Reverse Clamshell 3 × 12 each

LOOP ● Green · Around ankles · Side-lying on a mat

Lie on your side with knees bent and the loop around your ankles. Keep your knees together and lift your top foot up against the band, then lower.

Hips stay stacked; don't roll.

Lower Back Support & stability

Supine Pelvic Tilt 3 × 12

WEIGHT BALL Ball between knees · Lying on a mat

Lie on your back with knees bent and a ball between your knees. Exhale and gently flatten your lower back into the floor by tilting your pelvis, then inhale back to neutral.

Small, gentle movement.

Standing Wall Pelvic Tilt 3 × 10

NO EQUIPMENT Back against wall · Standing

Stand with your back against a wall and feet a few inches forward. Gently flatten your lower back into the wall by tilting your pelvis, hold 3 seconds, and release.

Breathe out as you flatten.

Sphinx Hold Hold 30 s × 2

NO EQUIPMENT Face-down on forearms · On a mat

Lie face-down and prop yourself up on your forearms with elbows under your shoulders. Relax your belly and lower back and breathe slowly.

Stop if you feel pain down a leg.

Quadruped Rock Back 3 × 10

NO EQUIPMENT Hands & knees · On a mat

On hands and knees with a flat back, slowly rock your hips back toward your heels as far as you can without rounding, then rock forward.

Keep your back flat like a table.

Pelvic Floor Breath & control

360 Breathing 10 slow breaths

NO EQUIPMENT Lying on a mat, knees bent

Lie on your back with knees bent and hands on your lower ribs. Inhale through your nose and let your ribs, belly and pelvic floor gently expand. Exhale fully and feel everything softly recoil.

The foundation for all pelvic floor work.

Pelvic Floor Long Hold 5-10 × hold 5 s

NO EQUIPMENT Lying on a mat, knees bent

On an exhale, gently squeeze and lift the muscles you'd use to hold in gas and urine. Hold while breathing normally, then fully relax for twice as long.

Don't squeeze your glutes or hold your breath.

Pelvic Floor Drop & Release 10 slow breaths

NO EQUIPMENT Lying or seated

Breathe in slowly and imagine your pelvic floor softening, widening and dropping. Breathe out and let it return to rest without squeezing.

Relaxing is as important as lifting.

Belly Draw-In 3 × 8, hold 5 s

NO EQUIPMENT Hands & knees or lying

On an exhale, gently draw your lower belly in toward your spine while lightly lifting your pelvic floor. Hold for 5 seconds while breathing, then relax.

Gentle effort, about 30%.

Glutes & Legs Power for your hips

Seated Glute Squeeze 3 × 10, hold 5 s

NO EQUIPMENT Seated tall

Sit tall with feet flat. Squeeze both glutes as hard as you can for 5 seconds, then fully relax.

Wakes up glutes after long sitting.

Prone Frog Lift 3 × 12

NO EQUIPMENT Face-down on a mat

Lie face-down with knees bent out to the sides and the soles of your feet together. Squeeze your glutes to lift your knees slightly off the floor, then lower.

Keep your hips pressed into the floor.

Ball Chair Hip Thrust 3 × 12

WEIGHT BALL Upper back on couch or sturdy chair · Ball on hips

Sit on the floor with your upper back against the edge of a couch or a chair braced against a wall, knees bent, a ball resting on your hips. Drive your hips up until level with your shoulders, then lower.

Chin tucked; ribs down.

Ball Slow Sit-Down 3 × 8

WEIGHT BALL One ball at chest · Chair behind you

Stand in front of a sturdy chair holding a ball at your chest. Take a full 5 seconds to lower yourself onto the chair, then stand back up normally.

Control the whole way down.

Mobility & Release Unwind hips & back

Strap Knee Hug

Hold 30 s each

YOGA STRAP Strap behind one thigh · Lying on a mat

Lie on your back with one leg long. Loop the strap behind the other thigh and gently draw that knee toward your chest.

Let your lower back relax into the floor.

Double Knee Hug Rock

30 s

YOGA STRAP Strap around shins · Lying on a mat

Lie on your back, draw both knees toward your chest, and loop the strap around your shins. Gently rock side to side, massaging your lower back.

Slow, easy rocking.

Pelvic Clock

5 circles each way

NO EQUIPMENT Lying on a mat, knees bent

Lie on your back with knees bent and imagine a clock face on your pelvis. Slowly tilt your pelvis to 12, 3, 6 and 9 o'clock, then make smooth circles.

Tiny movements; no pain.

Chair Legs-Up Decompression

1-2 min

NO EQUIPMENT Calves on chair seat · Lying on a mat

Lie on your back with your calves resting on a chair seat so your hips and knees are bent at 90°. Rest your arms by your sides and breathe slowly.

Lets your lower back fully unwind.

Every 15-minute session

TIME	BLOCK	WHAT TO DO
0:00-3:00	Breath & pelvic floor	This month's 4 Pelvic Floor exercises — every day.
3:00-12:00	Strength circuit	The 8 exercises from today's two zones. Rest 60 seconds between rounds.
12:00-15:00	Mobility & Release	Two or more stretches from this month.

Your 30-day progression

WEEK	ROUNDS	LOOP LEVEL	FOCUS
1	1 round, 8 reps	● Green	Pelvic floor holds: 3 s × 5. Pain-free range only.
2	1 round, 10 reps	● Green	Holds: 5 s × 8.
3	2 rounds, 10 reps	● Green → ● Red	Holds: 8 s × 10.
4	2 rounds, full reps	● Red	Holds: 10 s × 10.
Days 29-30	Gentle days	—	Breathing plus all 4 Mobility & Release stretches.

Choose the loop that lets you finish every rep with good form and makes the last reps feel challenging. Never sacrifice form for resistance.