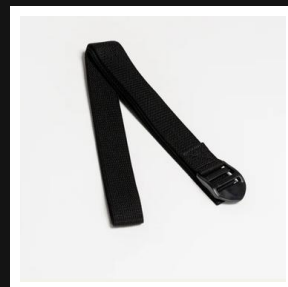
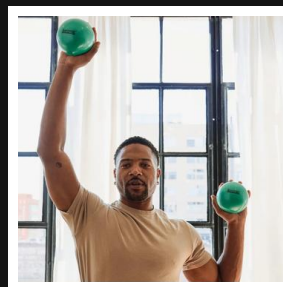
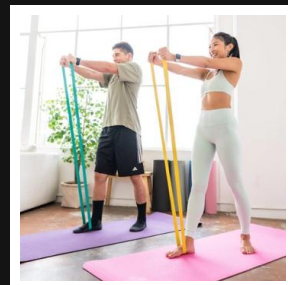
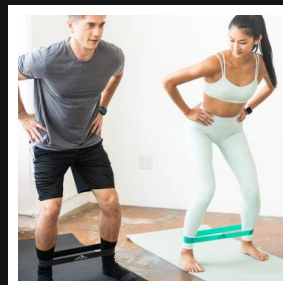


MONTH 8 · STRONG, STABLE & MOBILE

30 days. Stable hips. Strong for life.

Month 8 puts it all together with single-leg strength, loaded carries and everyday pelvic floor habits. 20 all-new exercises.



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

Glutes + Hips
+ Pelvic floor

Tue

Lower Back + Glutes
+ Pelvic floor

Wed

Hips + Lower Back
+ Pelvic floor

Thu

Glutes + Hips
+ Pelvic floor

Fri

Total: 2 moves from
each zone
+ 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 Hip Airplane 3 × 6 each

NO EQUIPMENT Hold desk · Standing on one leg

Hold the desk and stand on one leg, hinging forward slightly. Rotate your pelvis open toward the ceiling, then rotate it back down toward the standing leg.

Slow and controlled; small range is fine.

Loop Forward Monster Walk 3 × 10 steps each way

LOOP ● Red / ● Blue · Above knees · Standing

With the loop above your knees, sink into a quarter squat. Walk forward with wide diagonal steps, keeping tension on the band, then walk backward.

Knees push out the entire time.

Side Plank Clamshell 3 × 8 each

LOOP ● Green / ● Red · Above knees · Forearm side plank

Lie on your side with knees bent and the loop above your knees. Lift into a side plank on your forearm and knees, then open your top knee against the band and close it.

Keep your hips lifted throughout.

Loop Knee Lift & Open 3 × 8 each

LOOP ● Green · Around ankles · Hold desk

Hold your desk with the loop around both ankles. Lift one knee to hip height, rotate it out to the side, then bring it back to center and lower.

Move slowly; stand tall.

Lower Back Support & stability

Ball Suitcase March 3 × 30 s each side

WEIGHT BALL One ball at your side · Standing

Hold one ball in one hand at your side. March slowly in place, lifting knees, without leaning toward or away from the ball.

Stay perfectly upright.

Ball Front Carry March 3 × 30 s

WEIGHT BALL Both balls at chest · Standing

Hold both balls at your chest with elbows tucked. March slowly in place or walk around the room, keeping your ribs down and spine tall.

Don't lean back.

Ball Kneeling Hip Hinge 3 × 12

WEIGHT BALL One ball at chest · Tall kneeling

Kneel tall on a mat holding a ball at your chest. Keeping your back straight, sit your hips back toward your heels, then squeeze your glutes to return to tall kneeling.

Hinge at the hips, not the back.

Prone Press-Up 2 × 10

NO EQUIPMENT Face-down on a mat

Lie face-down with hands under your shoulders. Press your upper body up while keeping your hips on the floor and your lower back relaxed, then lower slowly.

Go only as high as comfortable.

Pelvic Floor Breath & control

The Knack

10 reps

NO EQUIPMENT Standing

Practice lifting your pelvic floor a split second before a pretend cough, sneeze or laugh, and keep it lifted through the effort.

Use it every time you cough, sneeze or lift.

Exhale Sit-to-Stand

3 × 10

NO EQUIPMENT Seated at chair edge

Sit at the edge of a sturdy chair. Exhale and lift your pelvic floor as you stand up, then inhale as you slowly sit back down.

Breathe out on the effort — always.

Ball Lift with Exhale

3 × 10

WEIGHT BALL Ball on desk or chair seat · Standing

Place a ball on a chair seat. Hinge down to pick it up, then exhale and lift your pelvic floor as you stand and raise the ball to your chest.

Train the habit for real-life lifting.

Supine Toe Tap with Lift

3 × 8 each

NO EQUIPMENT Knees in tabletop · Lying on a mat

Lie on your back with knees bent at 90° above your hips. Exhale, lift your pelvic floor, and slowly tap one toe to the floor. Inhale as you return.

Lower back stays relaxed and still.

Glutes & Legs Power for your hips

Ball Bulgarian Split Squat

3 × 8 each

WEIGHT BALL Rear foot on chair · Ball in each hand

Stand a stride in front of a non-rolling chair and rest the top of your back foot on the seat. Holding a ball in each hand, lower your back knee toward the floor, then press up.

Hold the desk if balance is tricky.

Single-Leg Chair Stand

3 × 6 each

NO EQUIPMENT Seated at chair edge

Sit at the front edge of a sturdy chair. Lift one foot slightly off the floor and stand up using only the other leg, then sit back down slowly.

Use your hands on the desk to assist at first.

Ball Lateral Step-Down

3 × 8 each

WEIGHT BALL Ball in each hand · Standing on a step

Stand sideways on a sturdy step. Slowly bend your standing knee to lower your other heel toward the floor, lightly tap, then press back up.

Knee stays in line with your toes.

Loop Diagonal Step-Back

3 × 10 each

LOOP ● Red · Around ankles · Standing

With the loop around your ankles and knees slightly bent, step one foot back and out at a 45° angle against the band, then return. Alternate legs.

Hold the desk for balance at first.

Mobility & Release Unwind hips & back

Strap Pigeon Pose Hold 30 s each

YOGA STRAP Strap around back foot · On a mat

From hands and knees, bring one knee forward behind your wrist and extend the other leg back. Loop the strap around your back foot to gently draw it in, or simply rest forward.

Use a cushion under your front hip.

Lizard Lunge Hold 30 s each

NO EQUIPMENT Low lunge · On a mat

Step into a low lunge with your back knee down and both hands inside your front foot. Let your hips sink forward and down.

Drop to forearms for a deeper stretch.

Desk-Supported Deep Squat Hold 30-60 s

NO EQUIPMENT Hands on desk · Standing

Hold the edge of a sturdy desk and sit down into a deep squat with heels flat. Let your hips hang and breathe.

Widen your stance if heels lift.

Strap Hip Rotation Floss 10 each way

YOGA STRAP Strap around foot · Lying on a mat

Lie on your back with the strap around one foot and that leg raised. Slowly rotate the whole leg so toes point in, then out.

Move from the hip joint.

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	2 rounds, 10 reps	● Red	Single-leg moves next to your desk for balance.
2	2 rounds, full reps	● Red → ● Blue	Use The Knack before every lift and carry.
3	3 rounds, full reps	● Blue	Slow tempo on all single-leg work.
4	3 rounds, full reps	● Blue → ● Black	Your strongest, most stable month yet.
Days 29-30	Celebrate	—	Redo Friday, then a full mobility day.

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