

Module 44: ~The Floor Plan~ - BONUS Worksheet

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Start HERE ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	2 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	3 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	4 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	5 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	6 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	7 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit
8 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	9 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	10 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	11 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	12 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	13 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	14 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit
15 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	16 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	17 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	18 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	19 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	20 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	21 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit
22 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	23 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	24 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	25 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	26 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	27 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	28 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit
29 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	30 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit	31 ___ Squeeze + Hold ___ Quick Bursts ___ Glute Bridge ___ Squat ___ Wall Sit				