

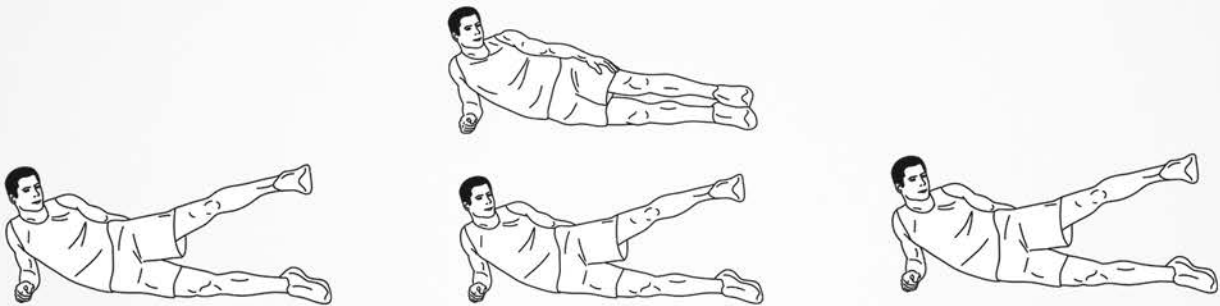


POWER
||| UP |||

POWER UP

Day 1

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30sec hold

30sec side leg raises

30sec hold

change legs and repeat the sequence



30sec leg raises

30sec raised leg circles

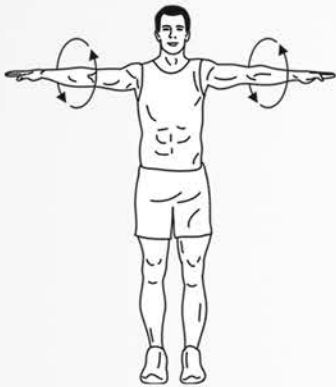
30sec leg raises

change legs and repeat the sequence

POWER UP

Day 2

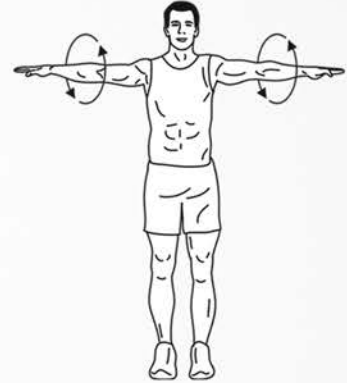
© darebee.com



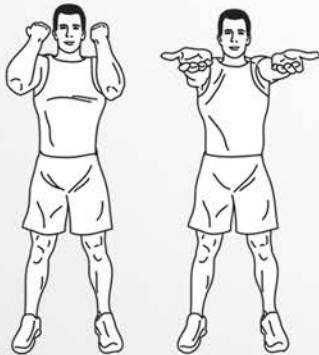
30sec raised arm circles



60sec hold



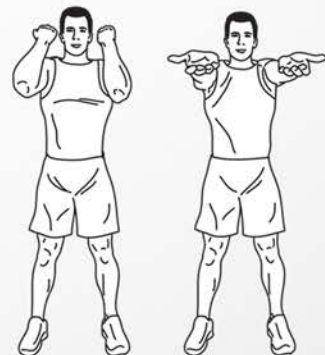
30sec raised arm circles



30sec bicep extensions



60sec hold

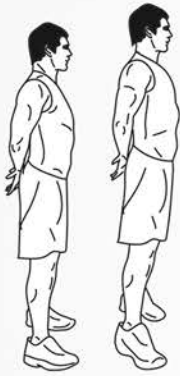


30sec bicep extensions

POWER UP

Day 3

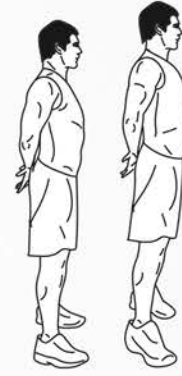
© darebee.com



30sec calf raises



60sec hold



30sec calf raises



30sec leg swings



30sec raised leg hold



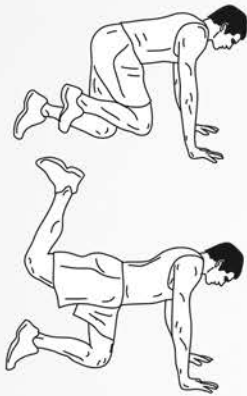
30sec leg swings

change legs and repeat the sequence

POWER UP

Day 4

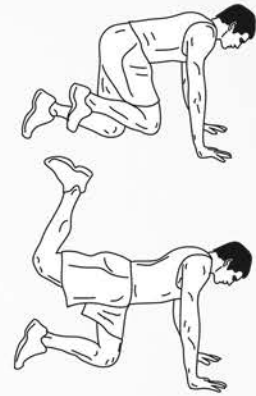
© darebee.com



30sec leg extensions



30sec up & down pulse

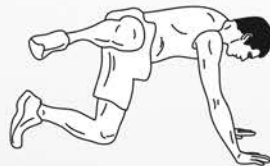


30sec leg extensions

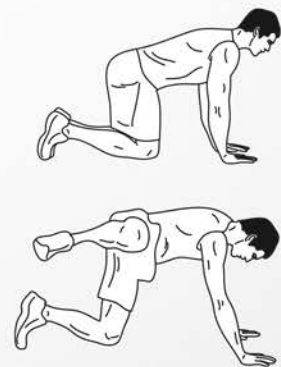
change legs and repeat the sequence



30sec side leg extensions



30sec hold



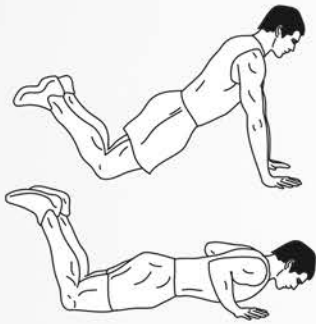
30sec side leg extensions

change legs and repeat the sequence

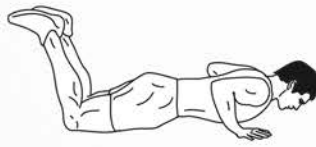
POWER UP

Day 5

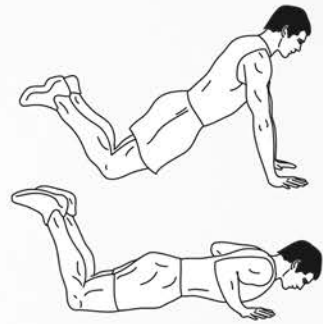
© darebee.com



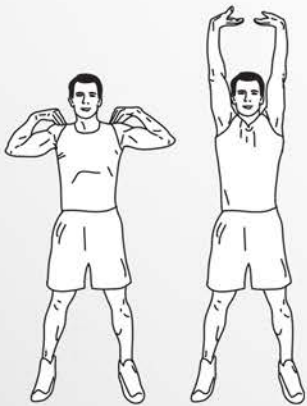
30sec knee push-ups



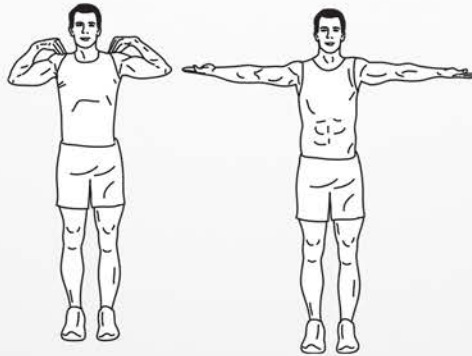
60sec hold



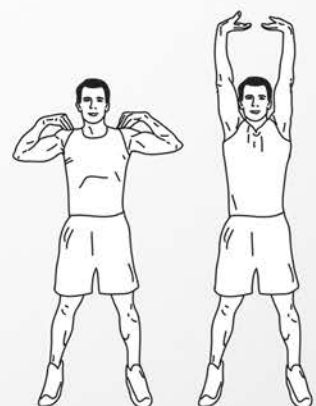
30sec knee push-ups



30sec shoulder taps



30sec shoulder extensions



30sec shoulder taps

POWER UP

Day 6

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30sec micro squats
up & down pulse



30sec squat hold



30sec micro squats
up & down pulse



30sec side bridges



30sec side bridge hold



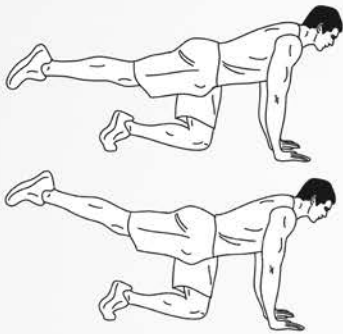
30sec side bridges

change sides and repeat the sequence

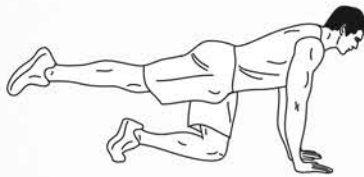
POWER UP

Day 7

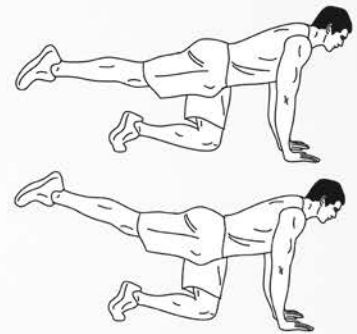
© darebee.com



30sec leg raises

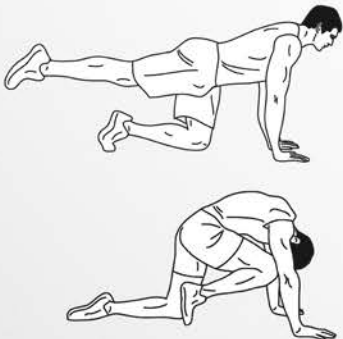


30sec hold



30sec leg raises

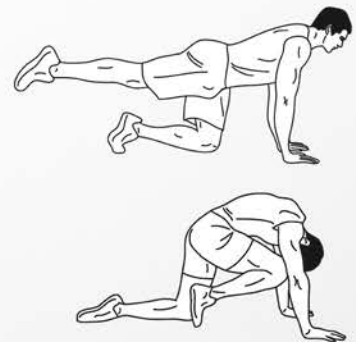
change legs and repeat the sequence



30sec knee-ins



30sec hold



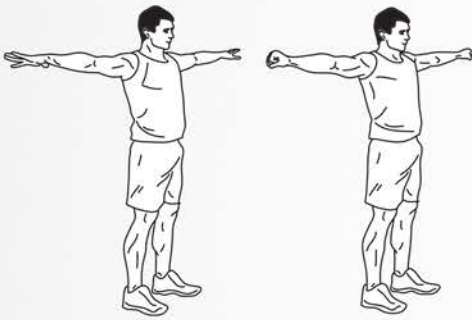
30sec knee-ins

change legs and repeat the sequence

POWER UP

Day 8

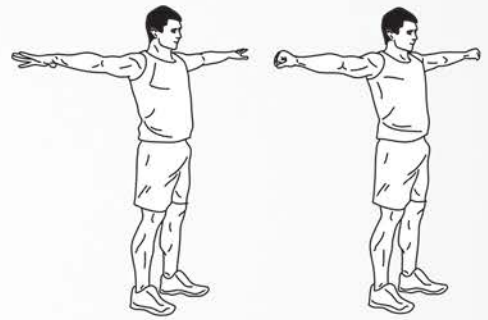
© darebee.com



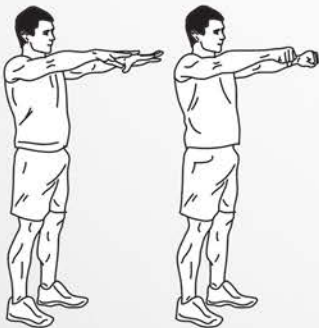
30sec clench - unclench
arms extended to the side



60sec hold
arms extended to the side



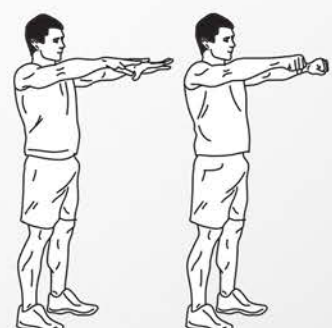
30sec clench - unclench
arms extended to the side



30sec clench - unclench
arms extended to the front



60sec hold
arms extended to the front

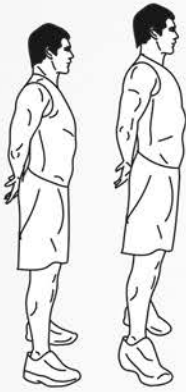


30sec clench - unclench
arms extended to the front

POWER UP

Day 9

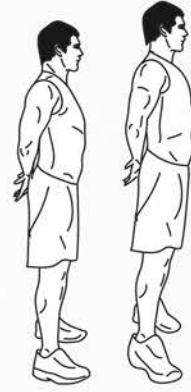
© darebee.com



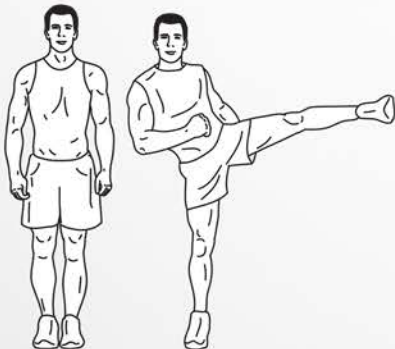
30sec calf raises



60sec hold



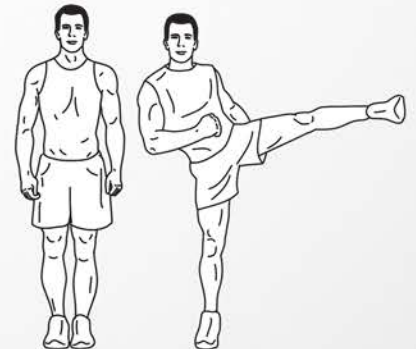
30sec calf raises



60sec side leg raises



30sec side leg raise hold



60sec side leg raises

change legs and repeat the sequence

POWER UP

Day 10

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60sec side leg raises



30sec hold



60sec side leg raises

change legs and repeat the sequence



60sec leg raises



30sec hold



60sec leg raises

change legs and repeat the sequence

POWER UP

Day 11

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60sec shoulder extensions

60sec hold

60sec shoulder extensions



60sec hold

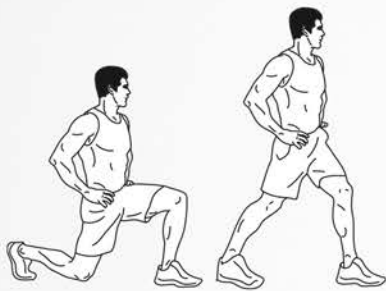
60sec raised arm circles

60sec hold

POWER UP

Day 12

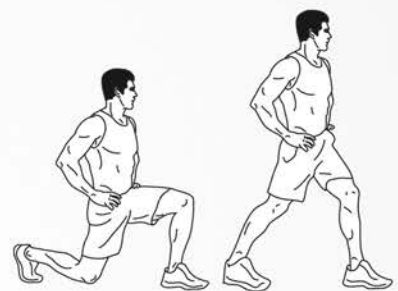
© darebee.com



30sec split lunges

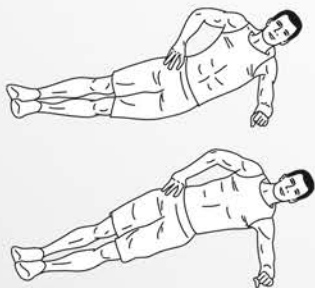


30sec side-to-side lunges



30sec split lunges

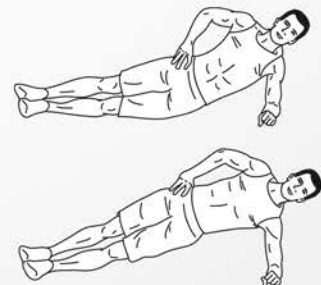
change sides and repeat the sequence



30sec side bridges



30sec side bridge hold



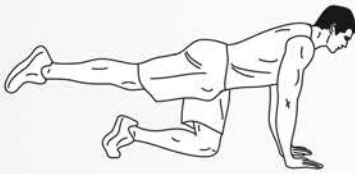
30sec side bridges

change sides and repeat the sequence

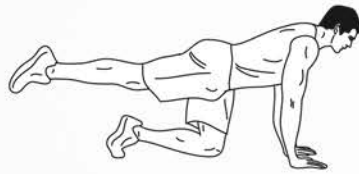
POWER UP

Day 13

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30sec leg extensions



30sec hold



30sec leg extensions

change legs and repeat the sequence



30sec knee-ins



30sec leg raises



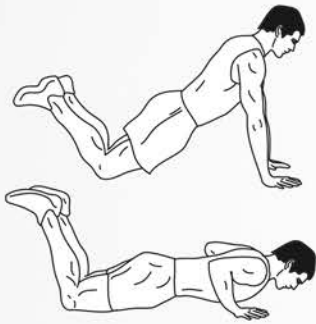
30sec knee-ins

change legs and repeat the sequence

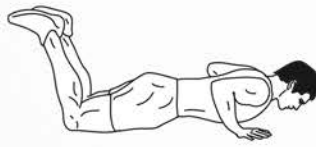
POWER UP

Day 14

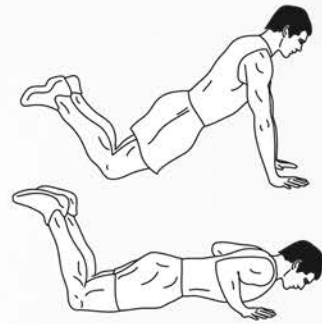
© darebee.com



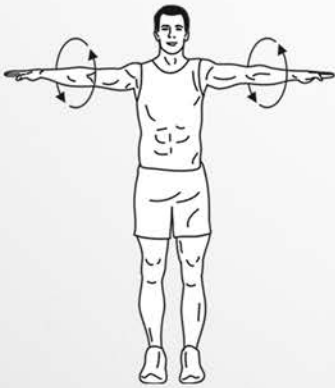
30sec knee push-ups



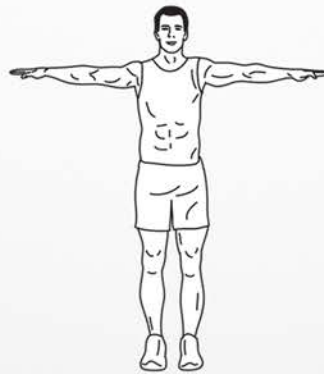
60sec hold



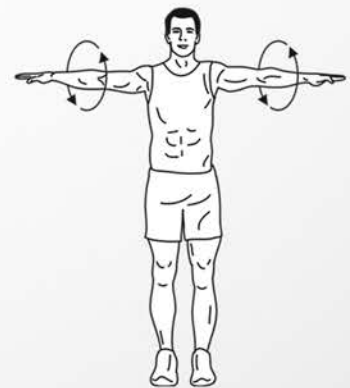
30sec knee push-ups



30sec raised arm circles



60sec hold

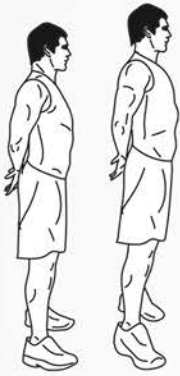


30sec raised arm circles

POWER UP

Day 15

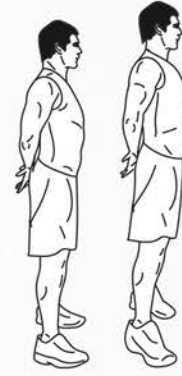
© darebee.com



30sec calf raises



60sec hold



30sec calf raises



60sec leg swings



30sec raised leg hold



60sec leg swings

change legs and repeat the sequence

POWER UP

Day 16

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60sec leg raises



30sec raised leg circles



60sec hold

change legs and repeat the sequence



60sec side leg raises



30sec fast kicks



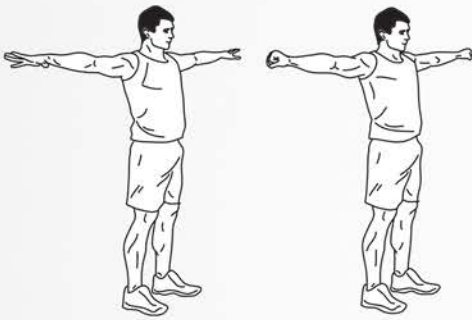
60sec hold

change legs and repeat the sequence

POWER UP

Day 17

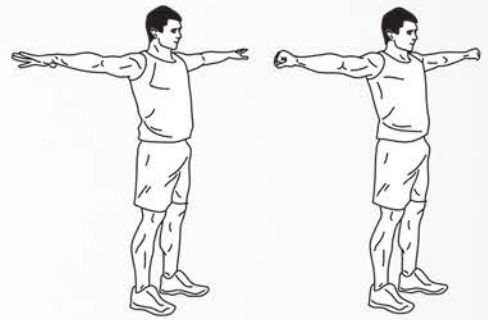
© darebee.com



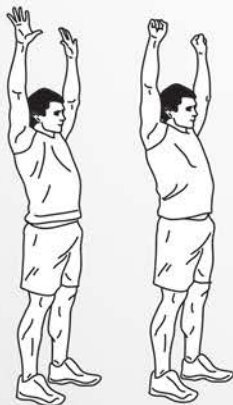
30sec clench - unclench
arms extended to the side



60sec hold
arms extended to the side



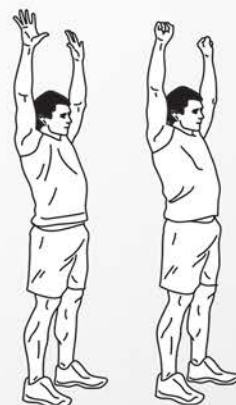
30sec clench - unclench
arms extended to the side



30sec clench - unclench
arms raised overhead



60sec hold
arms extended to the front



30sec clench - unclench
arms raised overhead

POWER UP

Day 18

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30sec micro squats
up & down pulse



60sec squat hold



30sec micro squats
up & down pulse



30sec side bridges



60sec side bridge hold



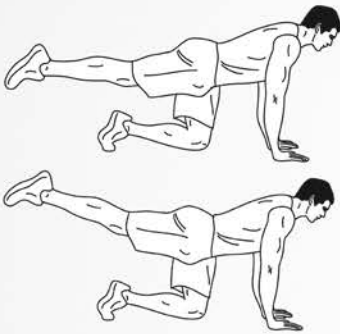
30sec side bridges

change sides and repeat the sequence

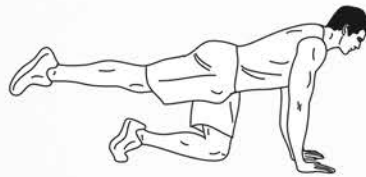
POWER UP

Day 19

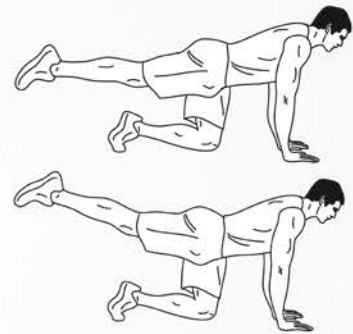
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30sec leg raises



60sec hold



30sec leg raises

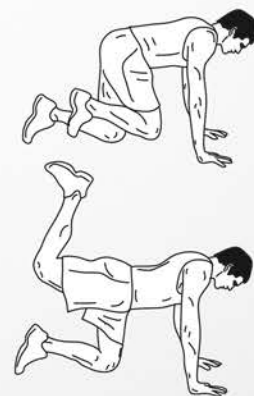
change legs and repeat the sequence



30sec leg extensions



60sec up & down pulse



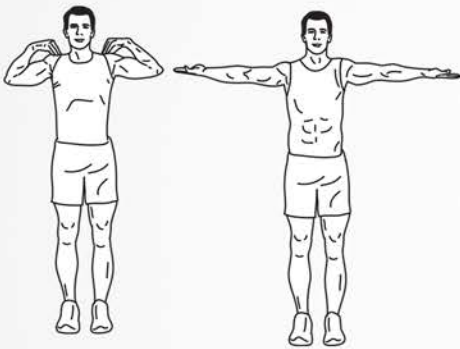
30sec leg extensions

change legs and repeat the sequence

POWER UP

Day 20

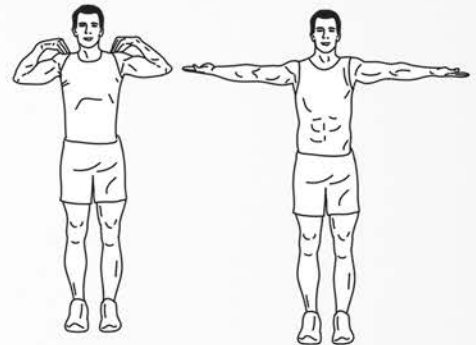
© darebee.com



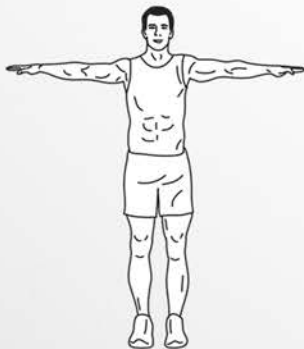
60sec shoulder extensions



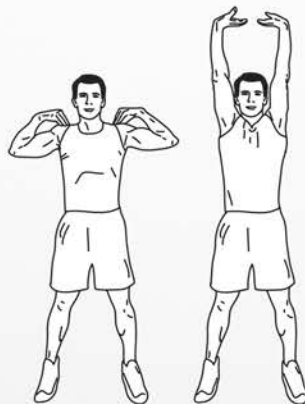
60sec hold



60sec shoulder extensions



60sec hold



60sec shoulder taps

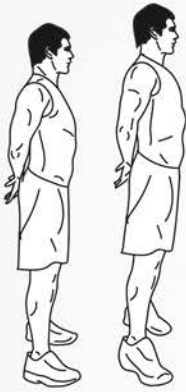


60sec hold

POWER UP

Day 21

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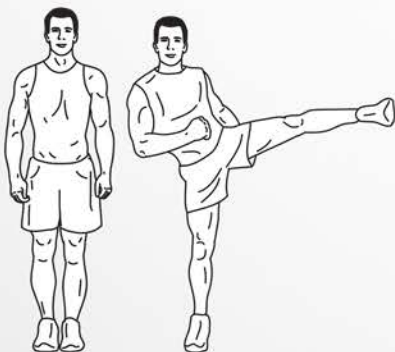
60sec calf raises



60sec hold



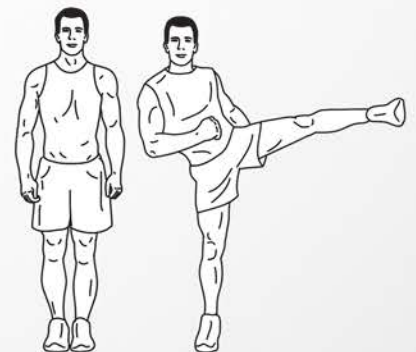
60sec calf raises



60sec side leg raises



30sec side leg raise hold



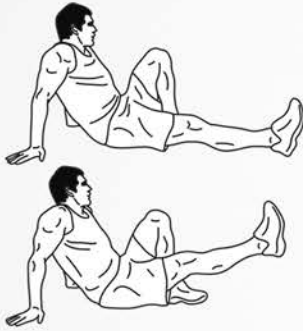
60sec side leg raises

change legs and repeat the sequence

POWER UP

Day 22

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60sec leg raises

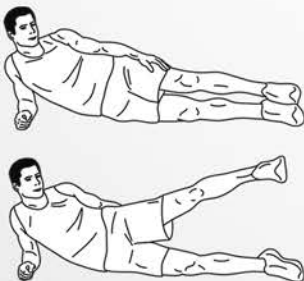


60sec high leg raises

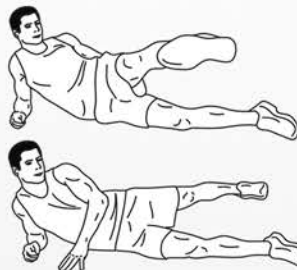


60sec hold

change legs and repeat the sequence



60sec side leg raises



60sec straight leg swings



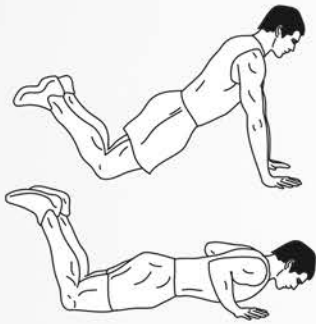
60sec hold

change legs and repeat the sequence

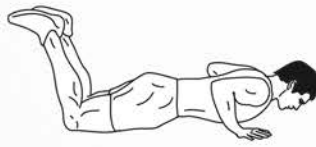
POWER UP

Day 23

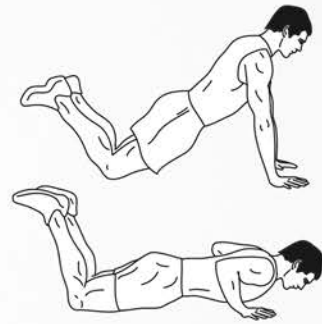
© darebee.com



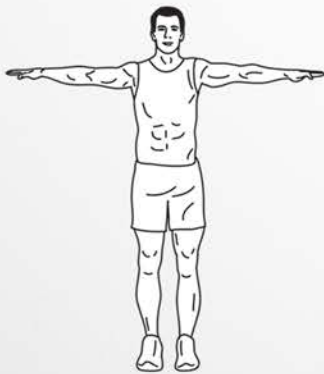
60sec knee push-ups



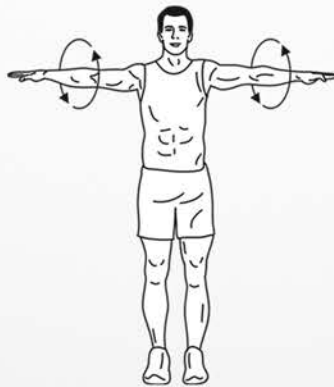
60sec hold



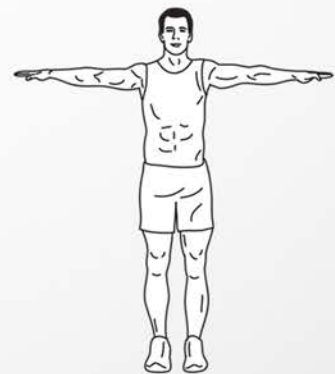
60sec knee push-ups



60sec hold



60sec raised arm circles



60sec hold

POWER UP

Day 24

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30sec micro lunges / pulse

60sec side-to-side lunges

30sec micro lunges / pulse

change sides and repeat the sequence



30sec side bridges

60sec side bridge hold

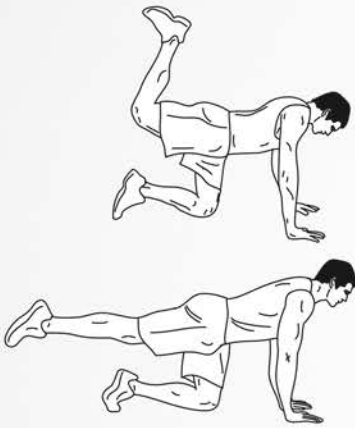
30sec side bridges

change sides and repeat the sequence

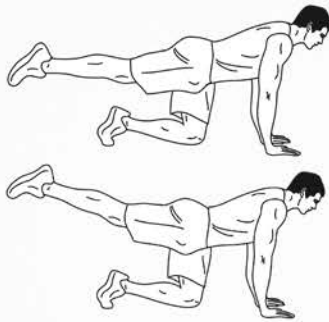
POWER UP

Day 25

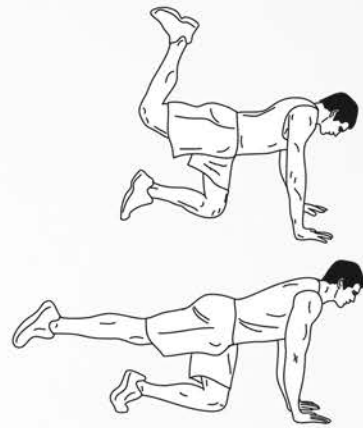
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30sec leg extensions

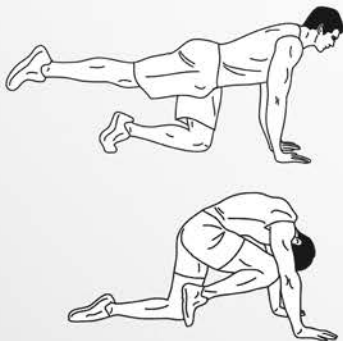


60sec leg raises



30sec leg extensions

change legs and repeat the sequence



30sec knee-ins



60sec hold



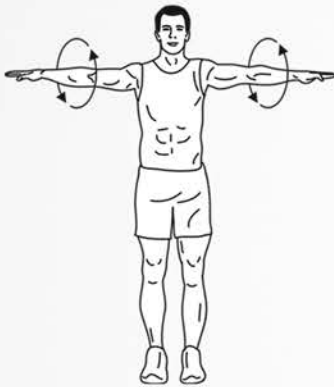
30sec knee-ins

change legs and repeat the sequence

POWER UP

Day 26

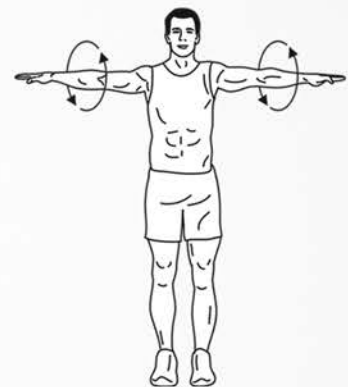
© darebee.com



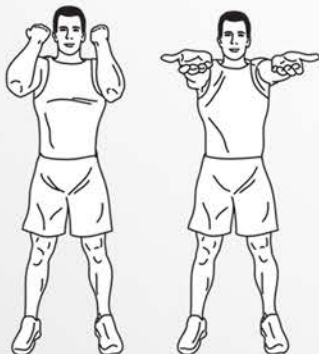
60sec raised arm circles



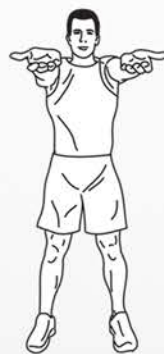
60sec hold



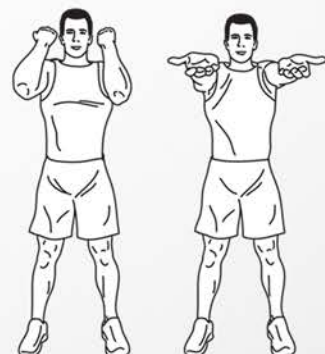
60sec raised arm circles



60sec bicep extensions



60sec hold

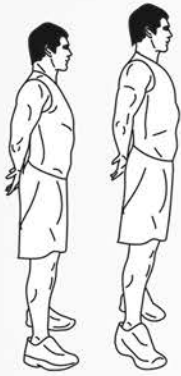


60sec bicep extensions

POWER UP

Day 27

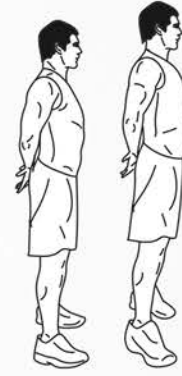
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60sec calf raises



60sec hold



60sec calf raises



60sec leg swings



60sec raised leg hold



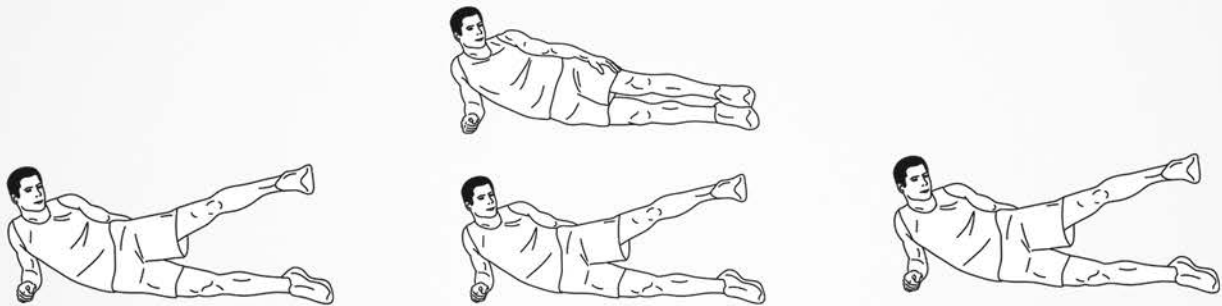
60sec leg swings

change legs and repeat the sequence

POWER UP

Day 28

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60sec hold

60sec side leg raises

60sec hold

change legs and repeat the sequence



60sec leg raises

60sec raised leg circles

60sec leg raises

change legs and repeat the sequence

POWER UP

Day 29

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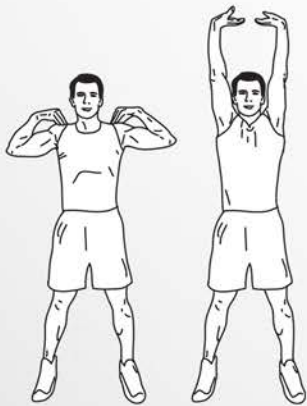
60sec hold



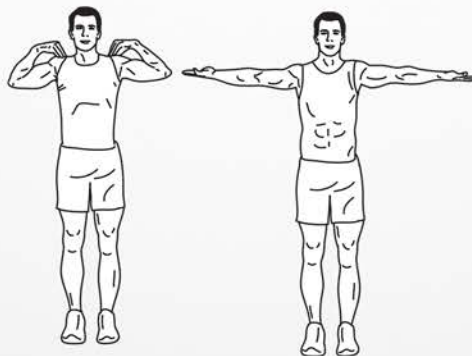
60sec knee push-ups



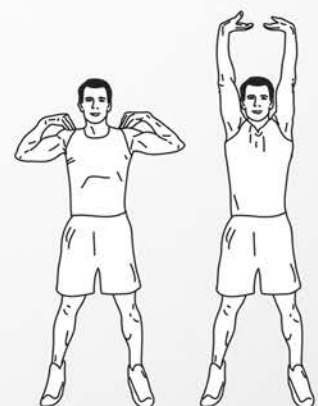
60sec hold



60sec shoulder taps



60sec shoulder extensions



60sec shoulder taps

POWER UP

Day 30

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60sec micro squats
up & down pulse



60sec squat hold



60sec micro squats
up & down pulse



30sec side bridges



60sec side bridge hold



30sec side bridges

change sides and repeat the sequence

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