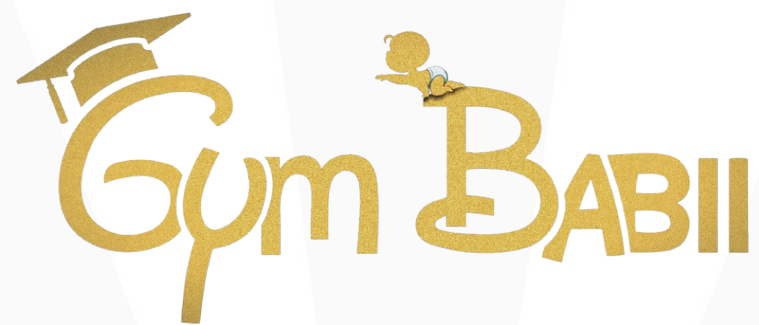




MOTHER'S CHALLENGE:



Re-engage Your Core

THIS 3-MOVE CHALLENGE IS ON
US.

WE GUARANTEE THAT AS LONG
AS YOU FOLLOW THE
INSTRUCTIONS, YOU WILL
REENGAGE AND FEEL YOUR
CORE.

TABLE CORE PRESS

- STAND IN FRONT OF A TABLE WITH YOUR FEET SHOULDER-WIDTH APART.
- MOVING AT JUST HIP HEIGHT AS IF YOUR HIPS WERE A CAN ON A SHELF AT THE GROCERY STORE, SCOOP YOUR TAILBONE AND YOUR HIPS.
- SHIFT THE CAN TOWARDS THE TABLE.
- MOVE UP TO THE NEXT SHELF HEIGHT AND PRESS YOUR ABS INTO YOUR SPINE.
- NOW PRESS YOUR HANDS DOWN THROUGH THE TABLE IN CONSTANT ACCELERATION LIKE A CAR THAT KEEPS PICKING UP SPEED.
- AS YOU PRESS, BREATHE DOWN THROUGH YOUR HIPS STRONGLY FOR 3.

TABLE CORE PRESS

- REPEAT 2 MORE TIMES, EACH TIME FEELING YOUR CORE ENGAGE MORE AND MORE.

WALL PUSH

- STAND IN FRONT OF A WALL FAR ENOUGH TO BE ABLE TO PLANT YOUR PALM ON IT.
- TAKE A MID-SIZED STEP BACK WITH YOUR DOMINANT LEG.
- ROUND YOUR ABS FROM UNDER YOUR CHEST TO YOUR HIPS AND PUSH THROUGH THE WALL, APPLYING CONSTANT PRESSURE LIKE A CAR CONSTANTLY ACCELERATING.
- EXHALE THROUGH YOUR CENTER AND DOWN THROUGH YOUR HIPS LIKE A CANISTER LEAKING AIR FROM A SMALL HOLE.
- RELAX AND REPEAT THREE TIMES.

DEAD BUG

- USING EITHER THE FLOOR, A MAT, OR EVEN A BED SURFACE, BEGIN BY LYING FLAT ON YOUR BACK WITH YOUR KNEES OVER YOUR HIPS.
- TUCK YOUR CHIN COMFORTABLY AND RAISE YOUR ARMS AND FINGERTIPS STRAIGHT UP TOWARDS THE SKY ABOVE YOUR SHOULDERS.
- WITH THE GOAL OF KEEPING YOUR BACK FROM ARCHING, EXHALE AS YOU SWING YOUR OPPOSITE ARM BACK AND STRAIGHTEN YOUR OPPOSITE LEG STRAIGHT AND DOWN TOWARDS THE GROUND.

DEAD BUG

- INHALE AS YOU RETURN THEM TO YOUR STARTING POSITION AND THEN CHANGE SIDES.

- HOW'D YOU FEEL AT THE
END OF YOUR MINI-
WORKOUT?
- DID WE ACHIEVE OUR GOAL?



When You Workout, Everything
Works Out!

IF NOT, SEND US AN EMAIL AT
INFO@GYMBABII.COM TO
LEARN THE BEST WAY TO HELP
YOU, AND WE'LL TAILOR THE
APPROACH.