

1 4 cat & cow 4 roll-ups 1 locust 1 - 5 sec. wall sit	2 5 cat & cow 5 roll-ups 1 locust 2 - 5 sec. wall sits	3 6 cat & cow 6 roll-ups 2 locust 1 wall sit - *ALAYC	4 REST DAY	5 6 cat & cow 8 roll-ups 2 locust 3 - 10 sec. wall sits	6 7 cat & cow 9 roll-ups 2 locust 4 - 10 sec. wall sits	7 8 cat & cow 10 roll-ups 3 locust 1 wall sit - ALAYC
8 REST DAY	9 9 cat & cow 12 roll-ups 3 locust 8 - 5 sec. wall sits	10 10 cat & cow 13 roll-ups 3 locust 10 - 5 sec. wall sits	11 11 cat & cow 14 roll-ups 4 locust 1 wall sit - ALAYC	12 REST DAY	13 12 cat & cow 15 roll-ups 4 locust 5 - 15 sec. wall sits	14 12 cat & cow 16 roll-ups 4 locust 8 - 15 sec. wall sits
15 12 cat & cow 18 roll-ups 5 locust 2 wall sits - ALAYC	16 REST DAY	17 12 cat & cow 20 roll-ups 5 locust 15 - 5 sec. wall sits	18 12 cat & cow 20 roll-ups 5 locust 4 - 20 sec. wall sits	19 12 cat & cow 20 roll-ups 6 locust 2 wall sits - ALAYC	20 REST DAY	21 15 cat & cow 22 roll-ups 6 locust 10 - 10 sec. wall sits
22 15 cat & cow 24 roll-ups 6 locust 20 - 5 sec. wall sits	23 15 cat & cow 25 roll-ups 7 locust 2 wall sits - ALAYC	24 REST DAY	25 16 cat & cow 25 roll-ups 7 locust 25 - 5 sec. wall sits	26 16 cat & cow 25 roll-ups 7 locust 10 - 20 sec. wall sits	27 18 cat & cow 25 roll-ups 8 locust 3 wall sits - ALAYC	28 REST DAY
29 19 cat & cow 28 roll-ups 9 locust 30 - 10 sec. wall sits	30 20 cat & cow 30 roll-ups 10 locust 1 wall sit - ALAYC	30-day POSTURE challenge				



cat & cow sequence



pilates roll-up



locust

*repeat for right leg, left leg & both legs
*hold at the top of each for 5-10 seconds



wall sit

*ALAYC - as long as you can

SEPTEMBER CHALLENGE!