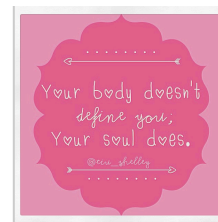


FEBRUARY 2015

Rumps & Stumps



* Dumbbell
** Kettlebell

with Shelley {@tiu_shelley} and Shelby {@shabelby_tiu}

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
5 Front Lunges 5 Back Lunges 5 L Side Lunges 5 R Side Lunges 5 Hip Thrusts 5 L Side Kicks 5 R Side Kicks	5 Deadlifts* 5 Sumo Squats** 5 Butt Lifts 5 Squat Jumps 5 L Triangle Lifts 5 R Triangle Lifts	5 L Kick Backs 5 R Kick Backs 5 Fire Hydrants 5 Clams 5 Ballet Squats 5 L Curtsy Lunges 5 R Curtsy Lunges	10 Front Lunges 10 Back Lunges 10 L Side Lunges 10 R Side Lunges 10 Hip Thrusts 10 L Side Kicks 10 R Side Kicks	10 Deadlifts* 10 Sumo Squats** 10 Butt Lifts 10 Squat Jumps 10 L Triangle Lifts 10 R Triangle Lifts	10 L Kick Backs 10 R Kick Backs 10 Fire Hydrants 10 Clams 10 Ballet Squats 10 L Curtsy Lunges 10 R Curtsy Lunges	15 Front Lunges 15 Back Lunges 15 L Side Lunges 15 R Side Lunges 15 Hip Thrusts 15 L Side Kicks 15 R Side Kicks
8	9	10	11	12	13	14
15 Deadlifts* 15 Sumo Squats** 15 Butt Lifts 15 Squat Jumps 15 L Triangle Lifts 15 R Triangle Lifts	15 L Kick Backs 15 R Kick Backs 15 Fire Hydrants 15 Clams 15 Ballet Squats 15 L Curtsy Lunges 15 R Curtsy Lunges	20 Front Lunges 20 Back Lunges 20 L Side Lunges 20 R Side Lunges 20 Hip Thrusts 20 L Side Kicks 20 R Side Kicks	20 Deadlifts* 20 Sumo Squats** 20 Butt Lifts 20 Squat Jumps 20 L Triangle Lifts 20 R Triangle Lifts	20 L Kick Backs 20 R Kick Backs 20 Fire Hydrants 20 Clams 20 Ballet Squats 20 L Curtsy Lunges 20 R Curtsy Lunges	25 Front Lunges 25 Back Lunges 25 L Side Lunges 25 R Side Lunges 25 Hip Thrusts 15 L Side Kicks 15 R Side Kicks	BE MINE – x3! 10 Deadlifts* 25 Sumo Squats** 25 Butt Lifts 25 Squat Jumps 10 L Triangle Lifts 10 R Triangle Lifts
15	16	17	18	19	20	21
25 L Kick Backs 25 R Kick Backs 25 Fire Hydrants 25 Clams 25 Ballet Squats 15 L Curtsy Lunges 15 R Curtsy Lunges	15 Front Lunges 15 Back Lunges 15 L Side Lunges 15 R Side Lunges 30 Hip Thrusts 20 L Side Kicks 20 R Side Kicks	20 Deadlifts* 30 Sumo Squats** 30 Butt Lifts 30 Squat Jumps 15 L Triangle Lifts 15 R Triangle Lifts	30 L Kick Backs 30 R Kick Backs 30 Fire Hydrants 30 Clams 30 Ballet Squats 20 L Curtsy Lunges 20 R Curtsy Lunges	20 Front Lunges 20 Back Lunges 20 L Side Lunges 20 R Side Lunges 35 Hip Thrusts 25 L Side Kicks 25 R Side Kicks	25 Deadlifts* 35 Sumo Squats** 35 Butt Lifts 35 Squat Jumps 20 L Triangle Lifts 20 R Triangle Lifts	35 L Kick Backs 35 R Kick Backs 35 Fire Hydrants 35 Clams 35 Ballet Squats 15 L Curtsy Lunges 15 R Curtsy Lunges
22	23	24	25	26	27	28
25 Front Lunges 25 Back Lunges 25 L Side Lunges 25 R Side Lunges 40 Hip Thrusts 15 L Side Kicks 15 R Side Kicks	10 Deadlifts* 40 Sumo Squats** 40 Butt Lifts 40 Squat Jumps 15 L Triangle Lifts 15 R Triangle Lifts	40 L Kick Backs 40 R Kick Backs 40 Fire Hydrants 40 Clams 40 Ballet Squats 20 L Curtsy Lunges 20 R Curtsy Lunges	20 Front Lunges 20 Back Lunges 20 L Side Lunges 20 R Side Lunges 45 Hip Thrusts 20 L Side Kicks 20 R Side Kicks	15 Deadlifts* 45 Sumo Squats** 45 Butt Lifts 45 Squat Jumps 20 L Triangle Lifts 20 R Triangle Lifts	45 L Kick Backs 45 R Kick Backs 45 Fire Hydrants 45 Clams 45 Ballet Squats 25 L Curtsy Lunges 25 R Curtsy Lunges	25 Front Lunges 25 Back Lunges 25 L Side Lunges 25 R Side Lunges 20 Deadlifts* 50 Sumo Squats** 50 Hip Thrust 50 Butt Lifts 50 Squat Jumps 50 Fire Hydrants 50 Clams 50 Ballet Squats 25 L Side Kicks 25 R Side Kicks 25 L Triangle Lifts 25 E Triangle Lifts 25 L Curtsy Lunges 25 R Curtsy Lunges



Shelley & Shelby

Consult your health physician before starting any exercise routine. We are not doctors or trained professionals & cannot be held liable for injuries related to this calendar; it is simply a guide. You are responsible for your health & we are not responsible for any injury, illness or physical harm as a result of your choice to follow along. Never start a workout program without clearance from your physician and/or certified personal trainer.

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