

MOVEMENTiQ

With Steve Holmsen

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| Mobility Basics | Wake Up Giddy Up | Hip Kahuna | Kit and Caboodle | Range of Holmsen | Strength and Agility | Foam Rolling (your choice) and Ab Rx |
| Mobility Basics | Wake Up Giddy Up | Hip Kahuna and Ab Rx | Kit and Caboodle | Range of Holmsen and Ab Rx | Strength and Agility | Foam Rolling (your choice) |
| Mobility Basics | Hip Kahuna and Ab Rx | Wake Up Giddy Up | Range of Holmsen | Strength and Agility | Kit And Caboodle and Ab Rx | Foam Rolling (your choice) |
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| Mobility Basics | Wake Up Giddy Up | Hip Kahuna | Kit and Caboodle | Range of Holmsen and Ab Rx | Strength and Agility | Foam Rolling (your choice) and Ab Rx |

Start Date:

Body Fat%

Weight:

MONTH 2

