

# HARDCORE IN 2024

DAY	MOVEMENT	COMPLETED
01	<u>New App upload 1/1/24 - 30 minute Full-Body Therapy Series</u>	<input type="checkbox"/>
02	<u>30 minute Live/Replay 1/2/24 - Deep Core Series</u>	<input type="checkbox"/>
03	<u>20 minute - Bridging w/5lb Dumbbells Series</u>	<input type="checkbox"/>
04	<u>30 minute Live/Replay 1/4/24 - Side Core Series</u>	<input type="checkbox"/>
05	<u>15 minute - Planking &amp; Glutes w/No Ball Series</u>	<input type="checkbox"/>
06	<u>New App upload 1/8/24 - 20 minute Standing Hip Opener Series</u>	<input type="checkbox"/>
07	<u>30 minute Live/Replay 1/9/24 - Wrist-Friendly Full-Body Series</u>	<input type="checkbox"/>
08	<u>30 minute - Advanced Full-Body Series</u>	<input type="checkbox"/>
09	<u>30 minute Live/Replay 1/11/24 - Hip &amp; Glutes Series</u>	<input type="checkbox"/>
10	<u>20 minute - Standing Travel Series</u>	<input type="checkbox"/>
11	<u>New App upload 1/15/24 - 15 minute Twisting Deep Core Series</u>	<input type="checkbox"/>
12	<u>30 minute Live/Replay 1/16/24 - Inner &amp; Outer Thigh Series</u>	<input type="checkbox"/>
13	<u>25 minute - Length &amp; Reach w/No Props Series</u>	<input type="checkbox"/>
14	<u>30 minute Live/Replay 1/18/24 - Arms, Back &amp; TA Series</u>	<input type="checkbox"/>
15	<u>20 minute : Lymphatic Drainage Series #2</u>	<input type="checkbox"/>
16	<u>New App upload 1/22/24 - 25 minute Posture Series</u>	<input type="checkbox"/>
17	<u>30 minute Live/Replay 1/23/24 - Cardio Core Series</u>	<input type="checkbox"/>
18	<u>15 minute - Deep Core Series w/Ankle Weights</u>	<input type="checkbox"/>
19	<u>30 minute Live/Replay 1/25/24 - Length/Reach/Obliques Series</u>	<input type="checkbox"/>
20	<u>20 minute - Hip Opener &amp; Core Series</u>	<input type="checkbox"/>
21	<u>30 minute - Cardio Flow Series</u>	<input type="checkbox"/>
22	<u>New App upload 1/29/24 - 20 min Length &amp; Reach Series</u>	<input type="checkbox"/>
23	<u>30 minute Live/Replay 1/30/24 - Lower Abdominals Series</u>	<input type="checkbox"/>
24	<u>25 minute - Full-Body Series w/5lb Dumbbells</u>	<input type="checkbox"/>