

# WEEK 23

- 01 HIP ABDUCTION
- 02 WORK FOR YOUR FOOD
- 03 DECISION MAKING

## MOVEMENT

**HOW:** Start against a wall in a 'wall sit' position with the hips in line with the knees, ankles under knees, and feet hip-distance apart. Separate the knees wider than hip-distance, then go back to the starting position. Place a loop band 2-3 inches above the knees to intensify.

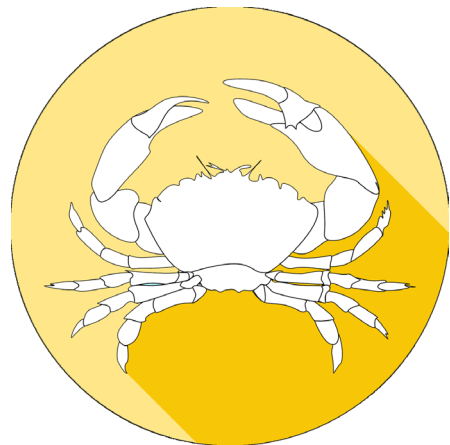
**DURATION:** 2-count out, hold 2, 2-count in

**MEASURE:** This is measured by your ability to squat with proper form and increase load without compensating squat form.



## NUTRITION

When food requires work before eating, it requires us to slow down, think about what we are ingesting, and appreciate our nourishment even more. Foods such as shellfish sushi and artichoke are examples of foods that require additional steps before consumption.



## MINDFULNESS

Trusting in your decision-making is crucial to prevent emotional eating and abandonment of the good habits you've built so far. Stand by every decision you make, don't second guess yourself, and know that you are still on the right path in confidence.



## WEEK 23 CHALLENGE

**MOVE:** 30 hip abductions in any variation 4+ days this week.

**HABIT:** Consume 3+ meals that require work to reap the benefits.

**MINDFUL:** 7 days of no second-guessing or regrets to decisions you make.