	September 2026																											
	Tue 1	Wed 2	Thu 3	Fri 4	Sat 5	Sun 6	Mon 7	Tue 8	Wed 9	Thu 10	Fri 11	Sat 12	Sun 13	Mon 14	Tue 15	Wed 16	Thu 17	Fri 18	Sat 19	Sun 20	Mon 21	Tue 22	Wed 23	Thu 24	Fri 25	Sat 26	Sun 27	Mon 28
Sit to Stand																												
Calf Raise																												
Hip Abduct																												
Half Squat																												
Glute Bridge																												
Wall Pushup																												
Sit to Stand																												
Calf Raise																												
Hip Abduct																												
Half Squat																												
Glute Bridge																												
Wall Pushup																												
One leg																												
Tandem Walk																												
Sq step																												
Breathing																												
One leg																												
Tandem Walk																												
Sq step																												
Breathing																												

Wed 30																				
Tue 29																				