

APRIL WORKOUT CALENDAR

Mon

Tue

Wed

Thu

Fri

1

**Full Body
Strength**

2

**Tabata with a
Band**

3

**Killer
Kettlebells**

4

**Active Recovery
Yoga, Walking, Foam
Rolling, 10k Steps**

5

**Glutes &
Cardio**

8

**Upper Body
Strength**

9

**Barbell Full
Body**

10

**Full Body
Blaster**

11

**Active Recovery
Yoga, Walking, Foam
Rolling, 10k Steps**

12

**Find Your
Weak Side**

15

**Full Body
Strength**

16

**Tabata with a
Band**

17

**Killer
Kettlebells**

18

**Active Recovery
Yoga, Walking, Foam
Rolling, 10k Steps**

19

**Glutes &
Cardio**

22

**Upper Body
Strength**

23

**Barbell Full
Body**

24

**Full Body
Blaster**

25

**Active Recovery
Yoga, Walking, Foam
Rolling, 10k Steps**

26

**Find Your
Weak Side**

29

**Full Body
Strength**

30

**Glutes &
Cardio**

1

**Killer
Kettlebells**

2

**Active Recovery
Yoga, Walking, Foam
Rolling, 10k Steps**

3

**NEW
WORKOUTS
OUT**