

MAR/APR WORKOUT CALENDAR

Mon

Tue

Wed

Thu

Fri

18

**FULL BODY
STRENGTH**

19

20

**Don't Drop
Your Barbell**

21

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

22

**Upper Body
Strength**

25

**Date with a
Kettlebell**

26

27

**Full Body
Strength**

28

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

29

**Double Death
By**

1

**Upper Body
Strength**

2

3

**Full Body
Strength**

4

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

5

**Don't Drop
Your Barbell**

8

**Date with a
Kettlebell**

9

**Upper Body
Strength**

10

11

**TRAIN WITH
HEATHER**

12

**Don't Drop
Your Barbell**

11

12

13

14

15