

APR/MAY WORKOUT CALENDAR

| Mon | Tue | Wed | Thu | Fri |
|---------------------------|---|---------------------------|--|---------------------|
| 15 Full Body Strength | 16 Active Recovery Yoga, Walking, Foam Rolling, 10k Steps | 17 The MomMaker Part 2 | 18 The Kettlebell Burn | 19 Mini Strength |
| 22 VACATION | 23 VACATION | 24 VACATION | 25 VACATION | 26 VACATION |
| 29 Full Body Strength | 30 | 1 The Kettlebell Burn | 2 Active Recovery Yoga, Walking, Foam Rolling, 10k Steps | 3 Mini Strength |
| 6 Full Body Strength | 7 The MomMaker Part 2 | 8 | 9 Active Recovery Yoga, Walking, Foam Rolling, 10k Steps | 10 Mini Strength |
| 13 The Kettlebell Burn | 14 | 15 TRAIN WITH HEATHER* | 16 | 17 |