

APRIL

M	T	W	TH	F	S	SU
LOWER BODY	UPPER BODY	HIIT/CARDIO	REST/MOBILITY	LOW IMPACT	TOTAL BODY	REST
			1	50 MINS 2 	50 MINS 3 	4
				FUNC. CIRCUITS RESI BAND	FUNC. CIRCUITS BODYWEIGHT	
45 MINS **5 	27 MINS 6 	36 MINS 7 	28 MINS 8 	45 MINS 9 	45 MINS 10 	11
BUILD A COMBO WEIGHTS	PILATES SLIDE RESI BAND	30 ON / 30 OFF WEIGHTS	MOBILITY HIPS/BALANCE	FUNC. CIRCUITS BODYWEIGHT	STRENGTH+PLYO PYRAMID	
45 MINS 12 	25 MINS 13 	36 MINS 14 	15	27 MINS *16 	35 MINS ***17 	18
MINI FLOWS IN/OUT THIGHS	STRENGTH CIRC. CHEST	HIIT CIRCUITS BODYWEIGHT		BUILD A COMBO BODYWEIGHT	CIRC + TABATA WEIGHTS	
52 MINS 19 	21 MINS *20 	30 MINS *21 	30 MINS **22 	45 MINS 23 	55 MINS *24 	25
CIRC PULSE LOWER BODY	BAC BACK+BIS WEIGHTS	30 ON / 30 OFF BODYWEIGHT	MOBILITY STANDING/CHAIR	MINI FLOWS SIDE BODY	CIRC + TABATA BAND+WEIGHTS	
28 MINS **26 	33 MINS 27 	35 MINS 28 	29	43 MINS 30 		
PILATES SLIDE RESI BAND	MINI FLOWS SHOULDERS	HIIT CIRCUITS BODYWEIGHT		BUILD A COMBO WEIGHTS/SLIDER		

*BONUS CONTENT (RELEASED 4/15)
**SCHEDULED YOUTUBE VIDEO