



April Challenge:

Day 1: Push-ups & Down Dog (1 minute)

Day 2: Lateral Walks (100 reps)

Day 3: Sit Up & Tuck Crunch (50 reps)

Day 4: Side Lying Tricep Push-ups (1 min.)

Day 5: Leg Kickback & Glute Lift (50 reps)

Day 6: Jumping Jacks (2 min.)

Day 7: Rest

Day 8: Lat Pull Down w/ band (30 reps)

Day 9: Squat Step outs (100 reps)

Day 10: Plank Hold (1 min.)

Day 11: Pike Push-up (20 reps)

Day 12: Brudges (100 reps)

Day 13: Scissor Runs (2 minutes)

Day 14: rest

Day 15: Incline Tricep Push-ups (20 reps)

Day 16: Ball Roll in (30 reps)

Day 17: Ball Crunches (100 reps)

Day 18: Over-Unders (2 minutes)

Day 19: Wall Sit (90 seconds)

Day 20: Skips (2 minutes)

Day 21: Rest

Day 22: Elevated Bicep Curls (50 reps)

Day 23: Clamshells (50 reps)

Day 24: Bear Sit Through (20 reps)

Day 25: Bent Over Front Raise & Lat Pull (1 min)

Day 26: Sumo Squat Hold Heel lifts (2 minutes)

Day 27: Jump Rope: (2 minutes)

Day 28: Rest

Day 29: Stir the Pot (1 min each direction)

Day 30: Reverse Lunge Knee Lift (30 reps)

Day 31: Plank Knee to Elbow (1 min)

