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| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  |  |  |  | **1** | **2** | **3** |
| Workout Calendar for the April Challenge: Eat Plant-Based Meals and Get Your Body Moving  [womendailymagazine.com](http://www.womendailymagazine.com/) | | | | 20 Lunges  20 Calf Raises  30 Squats  40 Leg Raises | 12 Bent Over Flys  12 Bicep Curls  30 Second Plank  5 Pushups | Rest |
| **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| 35 Squats  30 Donkey Kicks  30 Fire Hydrants  15 Bridges | 30 Jumping Jacks  30 Squats  6 Burpees  30 Crunches | 24 Lunges  30 Donkey Kicks  10 Jump Squats  30 Calf Raises | 30 Sec High Knees  50 Jumping Jacks  30 Bicycles  20 Mt. Climbers | 12 Shoulder Press  12 Chest Press  6 Pushups  30 Second Plank | 40 Squats  30 Calf Raises  30 Donkey Kicks  40 Fire Hydrants | Rest |
| **11** | **12** | **13** | **14** | **15** | **16** | **17** |
| 16 Bicep Curls 5 Burpees 12 Lateral Raises 30 Second Plank | 40 Squats 30 Fire Hydrants 30 Lunges 30 Sec High Knees | 20 Bent Over Flys 15 Bicep Curls 7 Pushups 15 Good Mornings | 50 Jumping Jacks 30 Second Wall Sit 30 Sec High Knees 6 Burpees | 10 Jump Squats 30 Lunges 20 Squats 45 Sec High Knees | 20 Dumbell Rows 15 Supermans 12 Lateral Raises 8 Pushups | Rest |
| **18** | **19** | **20** | **21** | **22** | **23** | **24** |
| 60 Jumping Jacks 6 Burpees 30 Crunches 30 Sec Run in Place | 50 Squats 30 Sec Wall Sit 30 Lunges 25 Bridges | 15 Bicep Curls 15 Shoulder Press 20 Good Mornings 15 Bent Over Rows | 60 Jumping Jacks 20 Mt. Climbers 10 Jump Squats 30 Second Plank | 25 Calf Raises 30 Donkey Kicks 50 Squats 60 Sec Run in Place | 15 Bent Over Flys 15 Bicep Curls 8 Pushups 15 Shoulder Press | Rest |
| **25** | **26** | **27** | **28** | **29** | **30** |  |
| 60 Sec High Knees 30 Crunches 30 Bicycles 60 Second Plank | 60 Squats 30 Lunges 30 Calf Raises 60 Sec Run in Place | 30 Mt. Climbers 15 Lateral Raises 10 Pushups 20 Good Mornings | 60 Jumping Jacks 8 Burpees 60 Sec Wall Sit 60 Sec High Knees | 60 Squats 40 Lunges 40 Donkey Kicks 60 Sec Run in Place | Cardio exercises-45 minutes |  |
| Important Note: First consult your doctor before starting any exercise program. To avoid injuries it is necessary to stretch  before and after exercising. | | | | | | |