



“What you do today can improve all your tomorrows.”
~ Ralph Marston

“It does not matter how slowly you go as long as you do not stop.”
~ Confucius

“Start where you are. Use what you have. Do what you can.”
~ Arthur Ashe

Do the best you can and have fun!

Ready, Set, GO!

For the month of April, do 4 reps of each exercise 4 times, twice daily for body weight & 40 secs for cardio.

Saturday, April 1
4 reps Bicep Curls
4 reps Shoulder Press
4 reps Lateral Raise
4 Rounds

This week’s goal:
Park in the farthest parking spot away from each of your destinations!

Sunday, April 2
40 sec Jumping Jacks
40 sec Mountain Climbers
40 sec Run In Place
4 Rounds

Monday, April 3
4 reps Squats
4 reps Rear Lunge
4 reps Forward Lunge
4 Rounds

Tuesday, April 4
40 sec No Rope Jump Rope
40 sec Forward Jabs
40 sec Alternating Hook Jabs (4 Rounds)

Wednesday, April 5
4 reps Push Ups
4 Reps Plank
4 reps Bird/Dog
4 Rounds

Thursday, April 6
40 sec March in Place
40 sec High Knees
40 sec Jumping Jacks
4 Rounds

Friday, April 7
4 reps Sumo Squats
4 reps Standing Calf Raise
4 reps Alternating Side Lunge (4 Rounds)

Saturday, April 8
REST or find a fun activity!

This week’s goal:
Pack your lunch everyday for work.

Sunday, April 9
4 reps Hammer Curls
4 reps Front Raise
4 reps Chest Press
4 Rounds

Monday, April 10
40 sec Front Jabs
40 sec Hook Jabs
40 sec No Bag Speed Bag
4 Rounds

Tuesday, April 11
4 reps Push Ups
4 reps Chest Press
4 reps Chest Fly
4 Rounds

Wednesday, April 12
40 sec Jumping Jacks
40 sec March
40 sec High Knees
4 Rounds

Thursday, April 13
4 reps Wall Sit
4 reps Calf Raise
4 reps Rear Lunge
4 Rounds

Friday, April 14
40 sec No Rope Jump Rope
40 sec Run In Place
40 sec Mountain Climbers (4 Rounds)

Saturday, April 15
REST or find a fun activity!

This week’s goal:
Eating out this week? Research the menu before arriving & pick a healthy option.

Sunday, April 16
4 reps Bird/Dog
4 reps Plank
4 reps Push Ups
4 Rounds

Monday, April 17
Staircase climb 90 seconds up, 90 seconds down. Rest. Repeat.
4 Rounds

Tuesday, April 18
4 reps Forward Lunge
4 reps Side Lunge
4 reps Rear Lunge
4 Rounds

Wednesday, April 19
Step Ups 90 seconds. Rest. Repeat.
4 Rounds

Thursday, April 20
4 reps Bicep Curls
4 reps Side Raise
4 reps Shoulder Press
4 Rounds

Friday, April 21
REST or find a fun activity!

Saturday, April 22
90 seconds Jumping Jacks. Rest. Repeat.
4 Rounds

This week’s goal:
Water check– Aim for 8 cups a day.

Sunday
April 23: 4 reps Sumo Squats; 4 reps Calf Raise; 4 reps Wall Sit. 4 Rounds
April 30: 4 reps Hammer Curls; 4 reps Chest Press; 4 reps Chest Fly. 4 Rounds

Monday, April 24
Walk around your block.
4 Rounds

Tuesday, April 25
4 reps Plank
4 reps Push Up
4 reps Downward Dog
4 Rounds

Wednesday, April 26
40 sec No Rope Jump Rope
40 sec High Knees
40 sec Mountain Climbers (4 Rounds)

Thursday, April 27
REST or find a fun activity!

Friday, April 28
4 reps Forward Lunge
4 reps Side Lunge
4 reps Rear Lunge
4 Rounds

Saturday, April 29
Staircase climb 90 seconds up, 90 seconds down. Rest. Repeat.
4 Rounds