

APRIL 2017

SUNDAY

MON

TUES

WED

THURS

FRI

SAT

					MAYBE I WILL <small>POSITIVE / FIT / HEALTHY</small>	1 FAMILY FOUR SQUARE
2 REST	3 30 MINS LEGS! STRENGTH TRAINING	4 10- MINUTE WORKOUT	5 30 MINS ABS + SHOULDERS ----- STRENGTH TRAINING	6 20 MINS AMRAP	7 30 MINS BACK + BICEPS ----- STRENGTH TRAINING	8 PLAY BALL! KICKBALL, SOFT BALL, BASKET BALL, FOOTBALL - JUST HAVE FUN!
9 REST	10 30 MINS CHEST + TRICEPS ----- STRENGTH TRAINING	11 SPRINT TRAINING	12 30 MINS LEGS! STRENGTH TRAINING	13 1000-CALORIE WORKOUT	14 30 MINS ABS + SHOULDERS ----- STRENGTH TRAINING	15 GO FOR A LONG WALK
16 REST	17 30 MINS BACK + BICEPS ----- STRENGTH TRAINING	18 THE POWER 100	19 30 MINS CHEST + TRICEPS ----- STRENGTH TRAINING	20 HIIT THE TRACK WORKOUT	21 30 MINS LEGS! STRENGTH TRAINING	22 TRY A RUN! - HOW FAR CAN YOU GO?
23 30 REST	24 30 MINS ABS + SHOULDERS ----- STRENGTH TRAINING	25 20 MINS JUMP HIIT WORKOUT	26 30 MINS BACK + BICEPS ----- STRENGTH TRAINING	27 12 MINS TABATA	28 30 MINS CHEST + TRICEPS ----- STRENGTH TRAINING	29 GET OUT AND EXPLORE YOUR CITY!