

APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1.</p> <ul style="list-style-type: none"> □ Fat-Burning Cardio Sculpt □ 12 Minute Standing Ab Workout □ 15 Minute Full Body Pilates <p>EASTER MONDAY APRIL FOOL'S DAY</p>	<p>2.</p> <ul style="list-style-type: none"> □ 10 Min Fat Burning Cardio Workout □ 21 Min Cardio Abs Workout □ INSANE Abs & Obliques Workout 	<p>3.</p> <ul style="list-style-type: none"> □ Ultimate Fat Burn Workout □ Butt Workout for a Nice Shaped Booty □ 10 Min Side Booty Shaper □ 12 Min to Toned Booty Workout 	<p>4.</p> <ul style="list-style-type: none"> □ Fat Burning Cardio + Core □ Gigi Hadid's No Equipment Travel Routine □ How to Get Beyoncé's Body □ INSANE Butt & Thighs Workout 	<p>5.</p> <ul style="list-style-type: none"> □ Exercises to Grow Taller, Improve Posture & Get Lean □ 12 Min to Toned Arms Workout □ 7 Min to Fabulous Arms □ 5 Chest Isolation Exercises 	<p>6.</p> <ul style="list-style-type: none"> □ Silent Death Fat Melting Cardio □ 5 Ways to Sculpt Long Legs & Beat Laziness □ Best Thigh Exercises for Toned Legs □ 15 Minute Thigh Strength Test
<p>7.</p> <ul style="list-style-type: none"> □ 10 Perfect Morning Stretches to Increase Energy □ Total Body Stretch 	<p>8.</p> <ul style="list-style-type: none"> □ 10 Min Cardio Pilates Workout □ 10 Min Pilates Ab Workout □ 15 Min Full Body Workout with Bands 	<p>9.</p> <ul style="list-style-type: none"> □ 10 Min Full Body Warm Up □ 21 Min Ab Tone Workout □ 5 Ways to Trim Your Waist and Get Back on Track 	<p>10.</p> <ul style="list-style-type: none"> □ Quick & Crazy Cardio Workout □ 7 Min Booty Burn □ 30 Minute Extreme Butt Shaping Workout 	<p>11.</p> <ul style="list-style-type: none"> □ FAT BURN TOTAL BODY FOCUS □ Fat Burn Machine 	<p>12.</p> <ul style="list-style-type: none"> □ How to Get Great Arms Down the Aisle □ Meghan Markle's Routine □ Complete Arms Workout 	<p>13.</p> <ul style="list-style-type: none"> □ 5 Inner Thigh Isolations □ 20 Min Leg Slimming Cardio Pilates Workout □ 20 Min Inner Thigh Isolate Workout
<p>14.</p> <ul style="list-style-type: none"> □ Feel-Good Stretches for Splits 	<p>15.</p> <ul style="list-style-type: none"> □ 10 Min Fat Burning Cardio □ 15 Min Ab Fit Test □ 14 Min Total Body Pilates Class 	<p>16.</p> <ul style="list-style-type: none"> □ 12 Min to Burn Fat - Low Impact Cardio □ 10 Min Lower Ab Flattener □ 10 Min Waist Whittler 	<p>17.</p> <ul style="list-style-type: none"> □ KICK BUTT BLASTER □ BOOTY FOCUS □ Bridal Booty Lift Workout □ Kim Kardashian's Butt Routine 	<p>18.</p> <ul style="list-style-type: none"> □ Lean, Long Lifted From Head to Toe □ Sculpted Thighs & Tight Abs 	<p>19.</p> <ul style="list-style-type: none"> □ Silent Death Cardio □ 15 Min Weightless Arms Workout □ 15 Min Arm Burnout 	<p>20.</p> <ul style="list-style-type: none"> □ Peach Booty & Thigh Shaper □ Toned Thighs Workout □ LEGS FOCUS
<p>21.</p> <ul style="list-style-type: none"> □ 21 Minute Flexibility Fix 	<p>22.</p> <ul style="list-style-type: none"> □ 21 Min Cardio Burn N' Tone Workout □ 21 Min All in One Tone Workout <p>EARTH DAY</p>	<p>23.</p> <ul style="list-style-type: none"> □ Fat Melter & Ab Trainer □ ABS FOCUS 	<p>24.</p> <ul style="list-style-type: none"> □ Knee-Friendly Fat Burn Cardio □ Lift Your Booty Workout □ INSANE Butt Blaster □ 21 Min Total Booty Tone Workout 	<p>25.</p> <ul style="list-style-type: none"> □ 30 Min Head to Toe Tone □ Total Body Tone Fest 	<p>26.</p> <ul style="list-style-type: none"> □ Extreme Weightless Arm Toner □ 10 Min Beautiful Arm Sculpt Pilates 	<p>27.</p> <ul style="list-style-type: none"> □ 30 Min EXTREME Pilates Thigh Workout □ 20 Minute Quick THIGH & LEG Workout
<p>28.</p> <ul style="list-style-type: none"> □ STRETCH & FLEXIBILITY FOCUS □ Stretch Combo to Relieve Lower Back Pain 	<p>29.</p> <ul style="list-style-type: none"> □ 10 Min Anti-Bloating Cardio □ Ariel's Abs □ 12 Mins to Toned Total Body □ Low Impact Total Body Workout 	<p>30.</p> <ul style="list-style-type: none"> □ Apartment Friendly Warmup □ Best Ab Exercises for a Toned Tummy □ 20 min Waist Shaping Workout □ 10 Min Beautiful Ab Sculpt Pilates 				