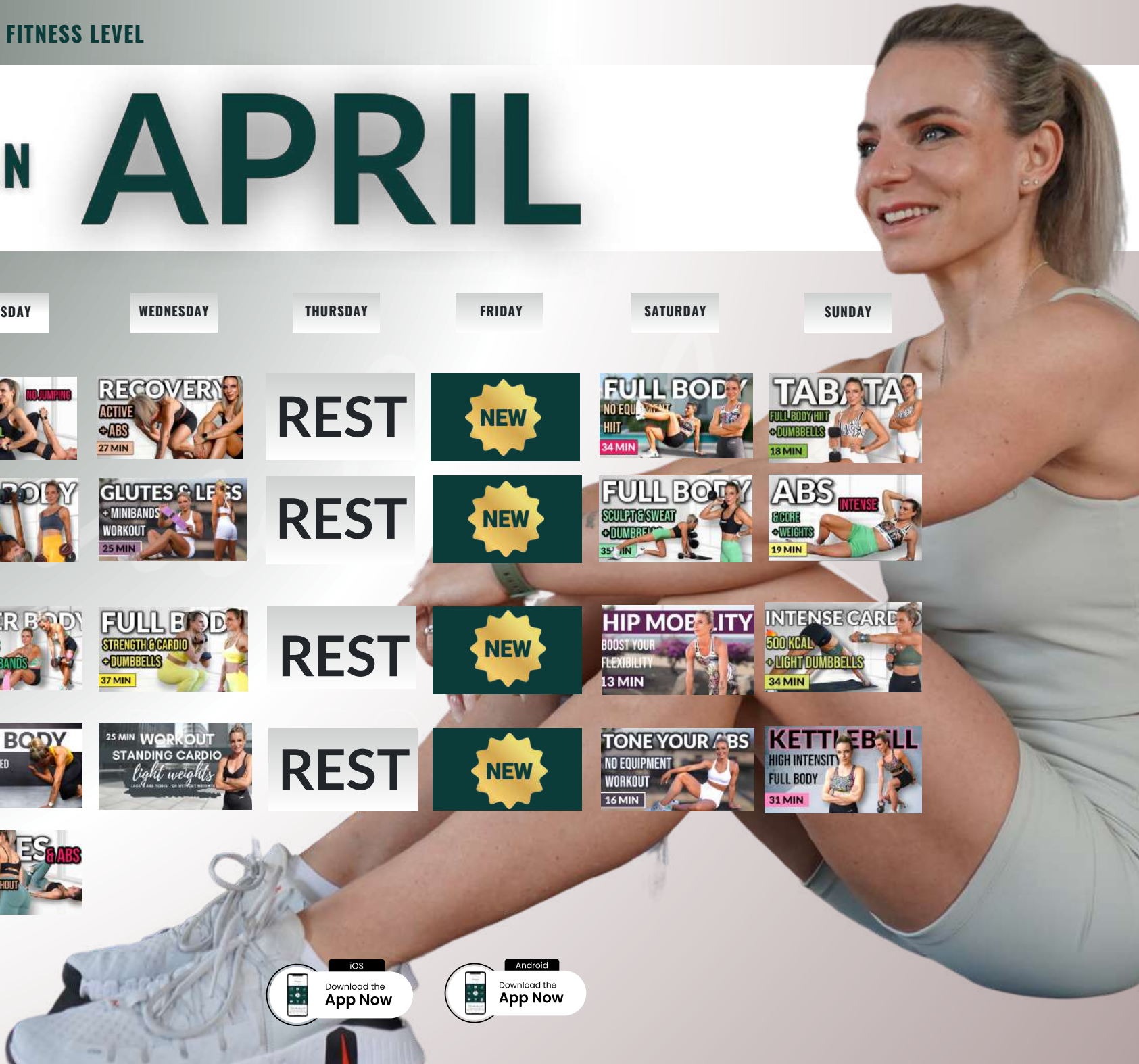


FOR ADVANCED & MEDIUM FITNESS LEVEL

WORKOUT PLAN

APRIL



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	GLUTES & ABS STRENGTH WEIGHTS OR WITHOUT 34 MIN	HIIT NO JUMPING FULL BODY ONE DUMBBELL 33 MIN	RECOVERY ACTIVE ABS 27 MIN	REST	NEW	FULL BODY NO EQUIPMENT HIIT 34 MIN	TABATA FULL BODY HIIT DUMBBELLS 18 MIN
2	HIIT INTENSE WEIGHTS 38 MIN	FULL BODY STRONG & SHAPE DUMBBELLS 40 MIN	GLUTES & LEGS + MINIBANDS WORKOUT 25 MIN	REST	NEW	FULL BODY SCULPT & SWEAT DUMBBELLS 35 MIN	ABS CORE INTENSE WEIGHTS 19 MIN
3	STRENGTH FULL BODY HIIT DUMBBELLS 39 MIN	LOWER BODY GLUTES & LEGS DUMBBELLS BANDS 33 MIN	FULL BODY STRENGTH & CARDIO DUMBBELLS 37 MIN	REST	NEW	HIP MOBILITY BOOST YOUR FLEXIBILITY 13 MIN	INTENSE CARDIO 500 KCAL LIGHT DUMBBELLS 34 MIN
4	FULL BODY 2K SPECIAL DUMBBELLS 45 MIN	FULL BODY PILATES INSPIRED LOW IMPACT 20 MIN	25 MIN WORKOUT STANDING CARDIO light weights LEGS & ABS TONED - OR WITHOUT WEIGHTS	REST	NEW	TONE YOUR ABS NO EQUIPMENT WORKOUT 16 MIN	KETTLEBALL HIGH INTENSITY FULL BODY 31 MIN
5	SUMMER BODY STRENGTH WEIGHTS HIIT 36 MIN	GLUTES & ABS STRENGTH WEIGHTS OR WITHOUT 34 MIN					

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