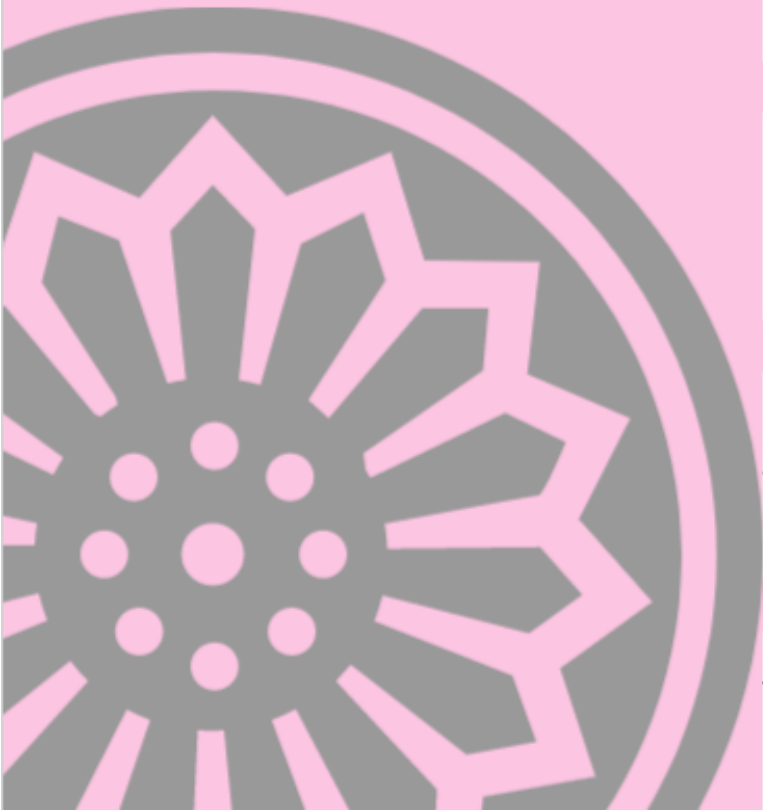




Stay Active in April



S	M	T	W	T	F	S
<u>30-minute Yoga For Insecurity</u>	<u>20-minute Tabata</u>	<u>10-minute Upper Body</u>	<u>15-minute Total Body</u>	<u>15-minute Legs, Bums & Tums</u>	<u>5-minute Bodyweight Workout for Arms</u>	<u>15-minute Home Inch Loss Walk</u>
<u>5-minute Warm Up</u>	<u>20-minute No Fear Power Yoga</u>	<u>20-minute HIIT</u>	<u>20-minute Upper Body</u>	<u>10-minute Pretend You Are at the Beach Workout</u>	<u>10-minute Thigh Thinner</u>	<u>15-minute Standing Barre Core</u>
<u>15-minute Gentle Yoga</u>	<u>20-minute Bodybuilding</u>	<u>5-minute Cardio Warm Up</u>	<u>5-minute Inner Thigh</u>	<u>10-minute abs</u>	<u>20-minute Energy Flow</u>	<u>20-minute Zumba Cardio and Toning</u>
<u>10-minute Arms</u>	<u>7-minute Core</u>	<u>10-minute Upper Body</u>	<u>30-minute Kickboxing</u>	<u>10-minute Beginner Arms</u>	<u>10-minute Butt Lift</u>	<u>20-minute Tummy Toning</u>
<u>30-minute Arms and Glutes</u>	<u>15-minute Core</u>	<u>20-minute Deep Stretch</u>	Stuck at home? Try this daily workout calendar which incorporates a variety of free workout videos bound to help you work up a sweat!			