

TINY FITNESS HOME WORKOUTS - APRIL

REMEMBER TO STAY HYDRATED! AIM FOR AT LEAST 64oz OF WATER PER DAY.

2 REST DAY	3 WORKOUT WEDNESDAY #3 OR 3 SETS OF 10-20 PUSH-UPS	4 WORKOUT WEDNESDAY #4 OR 3 X 15 BICYCLE CRUNCHES	5 CARDIO: 30-60 MINUTES OF MODERATELY CHALLENGING ACTIVITY	6 REST DAY	7 WORKOUT WEDNESDAY #2 OR 2 X 12 LUNGES PER LEG 3 X 12 SQUATS	8 CARDIO: 20 MINUTES OF INTERVALS (TRY 30 SEC OF WORK / 90 SEC RECOVERY)
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BE SURE TO TAKE AT LEAST ONE REST DAY EACH WEEK! REST = RESULTS.

9 REST DAY	10 WORKOUT WEDNESDAY #12 OR 3 SETS OF 10-20 PUSH-UPS	11 WORKOUT WEDNESDAY #5 OR 3 X 25 SEC SIDE PLANK (EACH SIDE)	12 CARDIO: 60 MINUTES OF EASY ACTIVITY	13 REST DAY	14 WORKOUT WEDNESDAY #10 OR 3 X 20 FLOOR BRIDGES	15 CARDIO: 15 MINUTES OF INTERVALS (TRY 1 MIN OF WORK / 2 MIN RECOVERY)
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DON'T LET STRESS MAKE YOU A MESS - MAKE TIME TO REALLY UNWIND.

16 REST DAY	17 WORKOUT WEDNESDAY #3 OR 3 SETS OF 10-20 PUSH-UPS	18 WORKOUT WEDNESDAY #6 OR 5 X 30 SEC PLANK	19 CARDIO: 30-60 MINUTES OF MODERATELY CHALLENGING ACTIVITY	20 REST DAY	21 WORKOUT WEDNESDAY #2 OR 2 X 12 LUNGES PER LEG 3 X 12 SQUATS	22 CARDIO: 20 MINUTES OF INTERVALS (TRY 30 SEC OF WORK / 90 SEC RECOVERY)
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CONGRATULATIONS - YOU FINISHED THE WHOLE MONTH! HOW DID YOU DO?

23 REST DAY	24 WORKOUT WEDNESDAY #8 OR 3 SETS OF 10-20 PUSH-UPS	25 WORKOUT WEDNESDAY #9 OR 3 X 10 V-SITS	26 CARDIO: 60 MINUTES OF EASY ACTIVITY	27 REST DAY	28 WORKOUT WEDNESDAY #7 OR 3 X 10 PLIE SQUATS 2 MIN WALKING LUNGES	29 CARDIO: WORKOUT WEDNESDAY #12 OR 15 MINUTES OF INTERVALS (TRY 1 MIN OF WORK / 2 MIN RECOVERY)
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IMPORTANT NOTES:

Work at your own pace and fitness level, and always consult your physician before modifying your exercise program. This fitness challenge is intended to inspire, not to injure! Participate solely at your own risk.

Rearrange the workouts for each week to fit *your* schedule - but do your best to finish them all!

Get the online workout videos at tinyfitnesshouston.com/Wednesday and in our [Tiny Fitness Facebook group](#) (where you can also ask questions, get tips and intermediate/advanced modifications for these workouts, and share your big results!).

