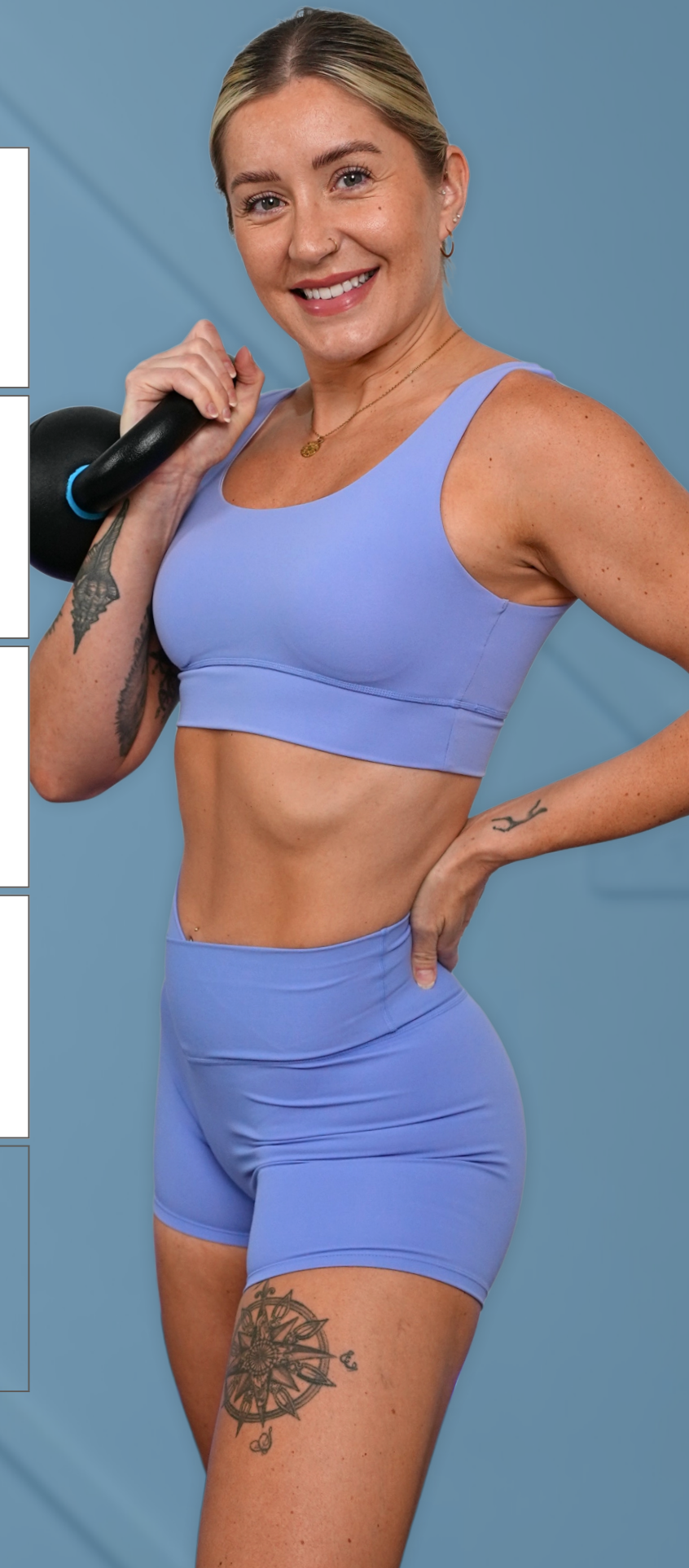




APRIL CALENDAR

25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1. <u>20 MINS UPPER BODY STRENGTH KBS</u> + NEW <u>10 MINS CHEST & TRIS KETTLEBELLS</u>	2. <u>30 MINS MOBILITY & ABS</u>	3. NEW <u>30 MINS FULL BODY MINI BAND WORKOUT</u>	4. <u>15 MINS UPPER BODY STRENGTH</u> + <u>15 MINS LOWER ABS</u>	5. <u>20 MINS LOWER BODY KETTLEBELLS</u> + <u>10 MINS LOWER BODY METCON</u>	6. REST
7. <u>30 MINS CHEST TRICEPS & SHOULDERS KETTLEBELLS</u>	8. NEW <u>10 MINS FULL BODY KETTLEBELL</u> + <u>20 MINS POSTERIOR CHAIN</u>	9. <u>45 MINS PILATES FULL BODY</u>	10. NEW <u>30 MINS FULL BODY FUNCTIONAL CORE</u>	11. <u>20 MINS LOWER BODY SWINGS</u> + <u>10 MINS KETTLEBELL GLUTES</u>	12. <u>30 MINS HIIT WORKOUT</u> (NO JUMPING OPTIONS)	13. REST
14. <u>30 MINS UPPER BODY DUMBBELL WORKOUT</u>	15. NEW <u>30 MINS LOWER BODY SUPERSETS</u> (HARD WORKOUT)	16. <u>20 MINS MOBILITY SESSION</u>	17. <u>20 MINS FULL BODY KETTLEBELL HIIT</u> + NEW <u>10 MINS INTENSE DB SIDE GLUTE</u>	18. <u>30 MINS UPPER BODY KETTLEBELLS</u> (Surge Day 1)	19. <u>30 MINS FULL BODY HYROX WORKOUT</u>	20. REST
21. <u>30 MINS HEAVY DUMBBELL LEGS & GLUTES</u>	22. NEW <u>20 MIN BEGINNER UPPER BODY KETTLEBELLS</u> + NEW <u>10 MINS ABS</u>	23. <u>30 MINS FULL BODY PILATES</u>	24. NEW <u>30 MINS UPPER BODY RESISTANCE BANDS</u>	25. <u>30 MINS BOOTY RESISTANCE BANDS WORKOUT</u>	26. <u>30 MINS DOUBLE KETTLEBELLS FULL BODY WORKOUT</u>	27. REST
28. <u>30 MINS KNEE FRIENDLY FULL BODY KETTLEBELLS</u>	29. NEW <u>15 MINS STANDING DUMBBELL ABS</u> + <u>15 MINS BACK KBS</u>	30. <u>30 MINS FULL BODY POWER PILATES</u>				



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