

# April 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			1  (1) squats (2) squat pulse (3) side to side squats (4) jump squats (5) bridges (6) straight leg lift R (7) straight leg lift L	2  (1) knee highs (2) walking burpees (3) squat lunge L (4) squat lunge R (5) squat punches (6) planking jacks (7) side to side jump squats	3  (1) shoulder tap plank (2) push-ups (3) prayer pulse (4) walnut crusher (5) arm circles (6) standing bench press (7) vertical wipers	4  Rest day
5  (1) crunches (2) star abs (3) roll-ups (4) toe touches (5) crunch + double leg lift (6) crunch/leg drop R (7) crunch/leg drop L	6  (1) knee highs (2) squats (3) squats punches (4) dolphin plank (5) roll-ups (6) R lunge pulse (7) L lunge pulse	7  (1) forward lunge R (2) forward lunge L (3) squat pulse R (4) squat pulse L (5) backward lunge R (6) backward lunge L (7) plie squats	8  (1) squat tap to clap (2) squat punches (3) bridge pulse (4) leg curl R (5) leg curl L (6) bacl lunge pulse L (7) bacl lunge pulse R	9  (1) plank opener R (2) mountain climbers (3) plank opener L (4) side lunge pulse R (5) side lunge pulse L (6) side to side lunges (7) plie punches	10  (1) parachute crunches (2) swimmers (3) half-cobra push-ups (4) dumbbell punches (5) side arm raise (6) lying chest press (7) plank arm pull	11  Rest day
12  (1) sit-ups (2) russain twists (3) side crunches (4) rock the boat (5) leg lift sit-up R (6) leg lift sit-up L (7) criss cross	13  (1) side dippers L (2) side dippers R (3) side plank L (4) side plank R (5) hip twists (6) squat pulses (7) high kicks	14  (1) alt. leg lift crunches (2) leg swimmers (3) crunch leg lift R (4) crunch leg lift L (5) double leg lift (6) squat pulse (7) squat hold	15  (1) forward lunges R (2) forward lunges L (3) alt. lunges (4) squat alt. lunges (5) squat burpee (6) side clam crunch L (7) side clam crunch R	16  brisk walk for 30 minutes or more	17  (1) standing arm press (2) walnut crush press (3) prayer pulse squats (4) tricep dippers (5) lean leg lifts (6) arm curls (7) arm pull backs	18  Rest day
19  (1) butterfly sit-ups (2) butterfly crunches (3) roll-up crunch (4) legs out crunches (5) scissor sit-ups (6) bridge + sit-ups (7) criss cross toe touches	20  (1) plank hold (2) mountain climbers (3) side to side squats (4) side crunches R (5) side crunches L (6) walnut crusher (7) open prayer pulse	21  (1) side leg lift R (2) side leg lift L (3) open clam R (4) open clam L (5) legs up side tap R (6) legs up side tap L (7) crunch hold criss cross	22  squats x100	23  (1) side to side jog (2) side lunge stretch L (3) side lunge stretch R (4) lunge dippers R (5) lunge dippers L (6) side plank leg lift R (7) side plank leg lift L	24  (1) up-N-down plank (2) plank arm pulse L (3) plank arm pulse R (4) leg hop R (5) leg hop L (6) prayer walnut crusher (7) arm pull backs	25  Rest day
26  (1) single leg crunch (2) leg lifted crunches (3) side crunches R (4) side crunches L (5) side plank dip L (6) side plank dip R (7) plank hold	27  (1) squat lunge R (2) squat lunge L (3) walking burpees (4) plank hip touch L (5) plank hip touch R (6) in-N-out plank taps (7) dolphin plank hip twists	28  (1) squat pulse stand (2) alt. lunge pulse (3) squat leg lift R (4) squat leg lift L (5) squat hold leg lift R (6) squat hold leg lift L (7) plie squat pulse	29  bridges x100	30  (1) floor tap jumps (2) side squat leg lift R (3) side squat leg lift L (4) dolphin plank hip twist (5) mini stair climber (6) squat burpee (7) front kick punches		

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Do x20 reps of each move for 1 minute, and each circuit a total of 4 times. This will give you a good workout for 28 minutes.