

APRIL 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
	Some of the exercises may be new to you. Dozens of examples of them are available online – simply search “bodyweight” plus the exercise name.			Plank – log the seconds	Push-ups - tally	Squats - tally
4	5	6	7	8	9	10
Lunges – tally	Flutter Kicks - tally	Leg Raises - tally	Bird Dogs - tally	Bodyweight Bridge - tally	Single Leg Deadlift - tally	Back extensions - tally
11	12	13	14	15	16	17
Burpees - tally	Bob & Weave - tally	Hip Openers - tally	Mountain Climbers -tally	Side Plank – log the seconds	Side Lunge - tally	High Knees - tally
18	19	20	21	22	23	24
Leg Crossovers - tally	Deadbug - tally	Dive Bomber Push Up - tally	Jump Squat - tally	Skater Exercise - tally	Reverse Diagonal Lunge - tally	Cross Body extension - tally
25	26	27	28	29	30	1
Kangaroos – tally	Jumping Lunges - tally	Breakdancer Push Up - tally	Single Leg Up & Down Dogs - tally	Scapular Wall Slides - tally	Sit Ups - tally	