

# The Fitnessista's 2018 April workouts



SUN	MON	TUES	WED	THUR	FRI	SAT
1 Tabata Strength Combo Workout	2 Easy steady state	3 Upper Body Burner + Barre Ab Burner	4 Barre-based booty burner	5 OFF	6 Easy steady state	7 Total Body Strength and Power Workout
8 Treadmill Sprint Workout	9 Total body HIIT	10 OFF	11 Sun's Out, Guns Out Arm Burner	12 Core and Leg Burning Workout	13 Easy steady state	14 OFF
15 Winter Shape Up Workout #1 + All-new ab burner	16 Sprint Ladder Workout to Boost Your Cardio Fitness	17 Upper Body Burner	18 Lean Leg Workout	19 OFF	20 Easy steady state	21 Barre HIIT workout you can do anywhere
22 Triple threat cardio workout	23 OFF	24 Barre/HIIT Combos	25 Battle Rope Arm Burner	26 Tucson workouts + HIIT & Row Cardio	27 OFF	28 Park bench strength and cardio workout
29 Easy steady state	30 Lower Body Circuit Workout					