

Workouts - March/April 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>March 23 HIIT Workout https://www.fitnessblender.com/videos/fitness-blenders-5-day-challenge-strong-and-lean-day-1</p>	<p>March 24 10 Push-Ups 10 Burpees 10 Bicep Curls-(soup cans) 20 Ab Twists Repeat three times Go for a 15 minute walk if you are allowed or on a treadmill if you have one.</p>	<p>March 25 HIIT Workout https://www.fitnessblender.com/videos/fitness-blenders-5-day-challenge-strong-and-lean-day-2</p>	<p>March 26 10 Tricep Dips 10 Jumping Jacks 10 Squats 30 second Plank Repeat three times Go for a 15 minute walk if you are allowed or on a treadmill if you have one.</p>	<p>March 27 https://www.fitnessblender.com/videos/fitness-blenders-5-day-challenge-strong-and-lean-day-3</p>
<p>Spring Break Go for a 30 minute walk if you are allowed or on a treadmill if you have one.</p>	<p>Spring Break Go for a 30 minute walk if you are allowed or on a treadmill if you have one.</p>	<p>Spring Break Go for a 30 minute walk if you are allowed or on a treadmill if you have one.</p>	<p>Spring Break Go for a 30 minute walk if you are allowed or on a treadmill if you have one.</p>	<p>Spring Break Go for a 30 minute walk if you are allowed or on a treadmill if you have one.</p>
<p>April 6 HIIT Workout https://www.fitnessblender.com/videos/fitness-blenders-5-day-challenge-strong-and-lean-day-4</p>	<p>April 7 10 Push-Ups 10 Burpees 10 Bicep Curls-(soup cans) 20 Ab Twists Repeat three times Go for a 15 minute walk if you are allowed or on a treadmill if you have one.</p>	<p>April 8 HIIT Workout https://www.fitnessblender.com/videos/fitness-blenders-5-day-challenge-strong-and-lean-day-5</p>	<p>April 9 10 Tricep Dips 10 Jumping Jacks 10 Squats 30 second Plank Repeat three times Go for a 15 minute walk if you are allowed or on a treadmill if you have one.</p>	<p>April 10 Rest</p>

<p>April 13 HIIT Workout: https://www.fitnessblender.com/videos/day-1-fitness-blenders-5-day-workout-challenge-to-burn-fat-and-build-lean-muscle</p>	<p>April 14 10 Push-Ups 10 Burpees 10 Bicep Curls-(soup cans) 20 Ab Twists Repeat three times Go for a 15 minute walk if you are allowed or on a treadmill if you have one.</p>	<p>April 15 HIIT Workout: https://www.fitnessblender.com/videos/day-2-fitness-blenders-5-day-workout-challenge-to-burn-fat-and-build-lean-muscle</p>	<p>April 16 10 Tricep Dips 10 Jumping Jacks 10 Squats 30 second Plank Repeat three times Go for a 15 minute walk if you are allowed or on a treadmill if you have one.</p>	<p>April 17 HIIT Workout: https://www.fitnessblender.com/videos/day-3-5-day-workout-challenge-to-burn-fat-and-build-lean-muscle-hiit-cardio-and-abs</p>
<p>April 20 https://www.fitnessblender.com/videos/day-4-5-day-workout-challenge-to-burn-fat-and-build-lean-muscle-kickboxing-and-yoga-workout</p>	<p>April 21 10 Push-Ups 10 Burpees 10 Bicep Curls-(soup cans) 20 Ab Twists Repeat three times Go for a 15 minute walk if you are allowed or on a treadmill if you have one.</p>	<p>April 22 https://www.fitnessblender.com/videos/day-5-hiit-cardio-butt-and-thigh-workout-5-day-workout-challenge-to-burn-fat-and-build-lean-muscle</p>	<p>April 23 10 Tricep Dips 10 Jumping Jacks 10 Squats 30 second Plank Repeat three times Go for a 15 minute walk if you are allowed or on a treadmill if you have one.</p>	<p>April 24 Rest</p>