

2023 ACTIVE APRIL CHALLENGE

SERENITY SUNDAY	MOVE MONDAY	THERAPUTIC TUESDAY	WORK WEDNESDAY	TIME OFF THURSDAY	FLEXIBILITY FRIDAY	STRENGTH SATURDAY	NOTES:
26	27	28	29	30	31	NEW 1 Pump and Flow (33 Min)	
2 REST	3 BOW & ARROW (37 MIN)	4 GOOD NIGHT MOON (28 MIN)	NEW 5 CORE AND RESTORE (31 MIN)	6 REST	7 MOBILITY MATTERS (30 MIN)	8 Awesome Obliques (29 MIN)	
9 REST	10 FLUID FUSION (39 MIN)	11 SLOW IT DOWN (30 MIN)	12 AMAZING CORE AND LEGS (29 MIN)	13 REST	14 PANCAKE PRACTICE (39 MIN)	NEW 15 LEG PUMP (34 MIN)	
16 REST	17 SLIDING STRENGTH (30 MIN)	18 FEEL FANTASTIC (39 MIN)	NEW 19 BOOTY CAMP (30 MIN)	20 REST	21 MOTION IS LOTION (35 MIN)	22 Tough and Buff (39 MIN)	
23 REST	NEW 24 Mix It Up (35 MIN)	25 BEDTIME YOGA FOR GOOD SLEEP (33 MIN)	26 METABOLIC CORE CRUSHER (35 MIN)	27 REST	28 TOOTSIE TRAINER (36 MIN)	29 Burning Bridges (25 MIN)	
30 REST	1	2	3	4	5	6	