

APRIL 2024

Nothing is impossible

LOW IMPACT

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|--|---|---|
| 1 30 MIN INTENSE NO JUMPING HIIT | 2 30 MIN LEG DAY LOW IMPACT | 3 30 MIN FULL UPPER BODY | 4 REST DAY  | 5 30 MIN NO SQUATS & NO LUNGES | 6 30 MIN HIIT TO THE BEAT | 7 GO FOR A WALK + LISTEN TO A PODCAST  |
| 8  new WORKOUT + 20 MIN CORE & ABS | 9 40 MIN GLUTES & ABS | 10 30 MIN TONED UPPER BODY | 11 REST DAY  | 12 30 MIN LOW IMPACT PILATES INSPIRED | 13 40 MIN NO JUMPING HIIT & CORE | 14 GO FOR A WALK + LISTEN TO A PODCAST  |
| 15 30 MIN FULL BODY NO JUMPING + ABS | 16 20 MIN NO SQUATS, NO LUNGES, NO JUMPING | 17 15 MIN BACK & CORE + 15 MIN ABS | 18 REST DAY  | 19 30 MIN ALL STANDING HIIT | 20 40 MIN FULL BODY PILATES INSPIRED | 21 GO FOR A WALK + LISTEN TO A PODCAST  |
| 22 30 MIN LOW IMPACT BOXING | 23 30 MIN TABATA LEGS | 24 25 MIN BETTER POSTURE + 15 MIN CORE | 25 REST DAY  | 26 40 MIN FULL BODY NO JUMPING | 27 30 MIN ALL STANDING KILLER HIIT | 28 GO FOR A WALK + LISTEN TO A PODCAST  |
| 29 40 MIN NO JUMPING KNEE FRIENDLY | 30 20 MIN GLUTES & CORE BURNER | | | | | |

LOOKING FOR A FULL WORKOUT PLAN TO FOLLOW?

If you don't have the GROW WITH ANNA App yet, make your life easier and sign up today! All of the workouts are in one place. See you on the mat!

 iOS and  Android Devices

[SIGN UP TO MY APP](#)

