












APRIL 2024

Nothing is impossible

NO WEIGHTS

MON	TUE	WED	THU	FRI	SAT	SUN
1  new WORKOUT	2 30 MIN KILLER LOWER BODY	3 30 MIN UPPER BODY CARDIO	4 REST DAY 	5 30 MIN KILLER NO JUMPING	6 40 MIN ADVANCED FULL BODY HIIT	7 GO FOR A WALK + LISTEN TO A PODCAST 
8  new WORKOUT + 20 MIN CORE & ABS	9 25 MIN LEAN LEGS	10 25 MIN TONED ARMS & ABS	11 REST DAY 	12 30 MIN INTENSE NO JUMPING	13 15 MIN SWEATY CARDIO HIIT + 15 MIN ABS BURNER	14 GO FOR A WALK + LISTEN TO A PODCAST 
15 30 MIN TABATA HIIT	16 30 MIN TABATA LEG DAY	17 30 MIN FULL UPPER BODY	18 REST DAY 	19 30 MIN PILATES INSPIRED LOW IMPACT	20 24 MIN TABATA TO FEEL UNSTOPPABLE	21 GO FOR A WALK + LISTEN TO A PODCAST 
22  new WORKOUT	23 30 MIN LEGS & BOOTY BURN	24 30 MIN TONED ARMS & ABS + 20 MIN TOTAL ABS	25 REST DAY 	26 30 MIN NO SQUATS NO LUNGES NO JUMPING	27 55 MIN FULL BODY HIIT	28 GO FOR A WALK + LISTEN TO A PODCAST 
29 60 MIN INTENSE HIIT	30 30 MIN KILLER LEG DAY					

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

