

APRIL 2024

Nothing is impossible

WITH WEIGHTS

MON	TUE	WED	THU	FRI	SAT	SUN
1  new WORKOUT	2 25 MIN GLUTES & TOTAL CORE WITH WEIGHTS	3 15 MIN TONED ARMS + 20 MIN TOTAL ABS	4 REST DAY 	5 60 MIN FIERCE FULL BODY NO JUMPING	6 40 MIN YOU VS YOU	7 GO FOR A WALK + LISTEN TO A PODCAST 
8  new WORKOUT + 20 MIN CORE & ABS	9 30 MIN KILLER HIIT, GLUTES & ABS	10 30 MIN TONED UPPER BODY	11 REST DAY 	12 30 MIN NO JUMPING ALL STANDING	13 40 MIN SWEAT & STRENGTH	14 GO FOR A WALK + LISTEN TO A PODCAST 
15  new WORKOUT	16 30 MIN KILLER LOWER BODY HIIT	17 20 MIN ARMS & SHOULDERS + 15 MIN ABS BURNER	18 REST DAY 	19 40 MIN FULL BODY NO JUMPING	20 40 MIN KILLER HIIT + CORE	21 GO FOR A WALK + LISTEN TO A PODCAST 
22  new WORKOUT	23 30 MIN LEAN LEGS & ROUND BOOTY	24 30 MIN TOTAL UPPER BODY	25 REST DAY 	26 40 MIN FULL BODY TONING LOW IMPACT	27 40 MIN FULL BODY DUMBBELL STRENGTH	28 GO FOR A WALK + LISTEN TO A PODCAST 
29  new WORKOUT	30 30 MIN GLUTE SCULPT					

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

