






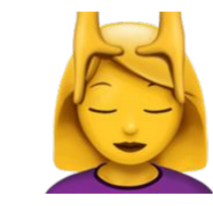





MAY 2024

New month, new goals

NO WEIGHTS

MON	TUE	WED	THU	FRI	SAT	SUN
		1 30 MIN UPPER BODY CARDIO	2 REST DAY 	3 30 MIN YOU VS YOU ALL STANDING HIIT	4 30 MIN KILLER HIIT + 15 MIN ABS	5 GO FOR A WALK + LISTEN TO A PODCAST 
6 30 MIN MILITARY MONDAY	7 30 MIN LEGS & BOOTY BURN	8 30 MIN TONED UPPER BODY + 15 MIN ABS	9 REST DAY 	10 30 MIN LOW IMPACT PILATES	11 30 MIN SAVAGE TABATA HIIT	12 GO FOR A WALK + LISTEN TO A PODCAST 
13  new WORKOUT	14 40 MIN GLUTES & ABS	15 30 MIN FULL UPPER BODY	16 REST DAY 	17 30 MIN ALL STANDING KILLER HIIT	18 24 MIN SUPER SWEATY TABATA	19 GO FOR A WALK + LISTEN TO A PODCAST 
20  new WORKOUT + 20 MIN ABS & CORE	21 30 MIN LEGS & GLUTES	22 30 MIN TONED ARMS & ABS	23 REST DAY 	24 30 MIN NO JUMPING LOW IMPACT	25 30 MIN KILLER HIIT	26 GO FOR A WALK + LISTEN TO A PODCAST 
27  new WORKOUT	28 30 MIN KILLER LEG DAY	29 15 MIN TONED BACK & CORE + 15 MIN ABS	30 REST DAY 	31 30 MIN NO SQUATS NO LUNGES NO JUMPING		

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](#)

