

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2013

1

LEGS AND  
THIGHS

2

FAST FAT  
BURN

3

ARMS AND  
SHOULDERS

4

BIKE

5

BUTT AND  
hips

6

CHEST AND  
BACK

7

YOGA MELT-  
DOWN

8

BIKE

9

FAST ABS

10

LEGS AND  
THIGHS

11

ARMS AND  
SHOULDERS

12

BIKE

13

BUTT AND  
hips

14

ULTIMATE  
POWER YOGA

15

GYM OR  
CHEST AND  
BACK

16

BUTT AND  
hips

17

FAST FAT  
BURN

18

GYM/BIKE

19

ARMS AND  
SHOULDERS

20

LEGS AND  
THIGHS

21

YOGA MELT-  
DOWN

22

CHEST AND  
BACK

23

LEGS AND  
THIGHS

24

FAST ABS

25

ARMS AND  
SHOULDERS

26

BUTT AND  
hips

27

BIKE

28

ULTIMATE  
POWER YOGA

29

CHEST AND  
BACK

30

FAST FAT  
BURN

APRIL

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