

BWLW April Workout Calendar

#BWLWApril

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Get the Full April Challenge Details at BlackWeightLossSuccess.com Instagram: @blackwomenlosingweight		<div>1</div> 20 Lunges 20 Calf Raises 30 Squats 40 Leg Raises	<div>2</div> 12 Bent Over Flys 12 Bicep Curls 30 Second Plank 5 Pushups	<div>3</div> 35 Squats 30 Donkey Kicks 30 Fire Hydrants 15 Bridges	<div>4</div> 20 Dumbbell Rows 15 Good Mornings 15 Bent Over Rows 12 Supermans	<div>5</div> REST
<div>6</div> 30 Jumping Jacks 30 Squats 6 Burpees 30 Crunches	<div>7</div> 24 Lunges 30 Donkey Kicks 10 Jump Squats 30 Calf Raises	<div>8</div> 30 Sec High Knees 50 Jumping Jacks 30 Bicycles 20 Mt. Climbers	<div>9</div> 12 Shoulder Press 12 Chest Press 6 Pushups 30 Second Plank	<div>10</div> 40 Squats 30 Calf Raises 30 Donkey Kicks 40 Fire Hydrants	<div>11</div> 16 Bicep Curls 5 Burpees 12 Lateral Raises 30 Second Plank	<div>12</div> REST
<div>13</div> 40 Squats 30 Fire Hydrants 30 Lunges 30 Sec High Knees	<div>14</div> 20 Bent Over Flys 15 Bicep Curls 7 Pushups 15 Good Mornings	<div>15</div> 50 Jumping Jacks 30 Second Wall Sit 30 Sec High Knees 6 Burpees	<div>16</div> 10 Jump Squats 30 Lunges 20 Squats 45 Sec High Knees	<div>17</div> 20 Dumbbell Rows 15 Supermans 12 Lateral Raises 8 Pushups	<div>18</div> 60 Jumping Jacks 6 Burpees 30 Crunches 30 Sec Run in Place	<div>19</div> REST
<div>20</div> 50 Squats 30 Sec Wall Sit 30 Lunges 25 Bridges	<div>21</div> 15 Bicep Curls 15 Shoulder Press 20 Good Mornings 15 Bent Over Rows	<div>22</div> 60 Jumping Jacks 20 Mt. Climbers 10 Jump Squats 30 Second Plank	<div>23</div> 25 Calf Raises 30 Donkey Kicks 50 Squats 60 Sec Run in Place	<div>24</div> 15 Bent Over Flys 15 Bicep Curls 8 Pushups 15 Shoulder Press	<div>25</div> 60 Sec High Knees 30 Crunches 30 Bicycles 60 Second Plank	<div>26</div> REST
<div>27</div> 60 Squats 30 Lunges 30 Calf Raises 60 Sec Run in Place	<div>28</div> 30 Mt. Climbers 15 Lateral Raises 10 Pushups 20 Good Mornings	<div>29</div> 60 Jumping Jacks 8 Burpees 60 Sec Wall Sit 60 Sec High Knees	<div>30</div> 60 Squats 40 Lunges 40 Donkey Kicks 60 Sec Run in Place	<p>Weights are required for some moves. Do 1-3 sets of the daily circuit, depending on your level of fitness*. Rest for 30 sec to 1 min between sets. Break the exercises up if you need to. Couple these circuits with your regular daily workouts. Don't know a move? Look it up on YouTube to see correct form. Mt. climbers = Mountain climbers.</p> <p>www.facebook.com/blackwomenlosingweight</p>		

***Disclaimer:** Before starting any exercise program, please consult with your doctor. We cannot be held responsible for any injuries resulting from attempting this exercise routine. **Do not participate** if you have past or current injuries that could be worsened, are pregnant, have knee issues or are suffering neck and back pain. Don't forget to stretch before and after working out to avoid injuries.

It's ok if you can't get through all of the moves, Do the best you can and make modifications. One [modified Burpee](#), without the pushup, is better than none. It's also ok to cut the number of moves in half if you are just a beginner.

How many times should I do the circuit listed for the day? Do 1-3 sets of the circuit of exercises listed for the day. If you can't get through all the moves, that's ok. Try your best. The number of rounds you do will depend on your level of fitness. Start off slow!!! Look up the moves you aren't familiar with on YouTube so that you can see how to do them with good form.

How often should I rest during the workout? Rest for 30 sec to 1 min between circuits, but take more time if you need it. Break the exercises up, take rest when you need to and go at your own pace. For example, you may need to **break 60 jumping jacks into 2 sets of 30** and take a 30 second to 1 minute break in between, that's fine.

Is this the only workout you suggest I do for the month?

I suggest that you couple these daily workout circuits with 30 minutes of additional cardio or some strength training 3-4 days per week. That could be running, walking or using an elliptical machine, arch trainer or stair master. You can do strength training at home or in the gym. This plan is meant to go along with your existing workout plan for an extra boost. Don't have access to a gym? Grab a workout DVD or find a workout on YouTube that is at least 20 minutes long.

What Should You Eat?

For April we are going Meatless for 2 weeks, so feel free to join us (details on [our blog](#)). Whether you eat clean or not, I suggest you eat well balanced meals, full of healthy, unprocessed foods. Use our [Clean Eating Foods List](#) for some guidance. Also, check out our e-book "[Clean Eating for Weight Loss and Wellness](#)".