

Whole Fitness YouTube April Workout Calendar

	Strength and Conditioning Bodyweight <u>"Lift Up Your Eyes"</u>	Total Body Strength and Kickboxing <u>"Unoffendable"</u>	<u>Quick 10 minute Full Body Stretch</u>	Cardio Dance <u>"Anchored in Love"</u>	Strength and Conditioning <u>"Number Your Days"</u>
	Low Impact Strength and Conditioning <u>"You Matter"</u>	Rhythm Mix <u>"Drop the Weight"</u>	<u>Foam Rolling</u>	Drumstick and Tabata Strength <u>"His Perfect Peace"</u>	Strength and Conditioning <u>"What is the Condition of your Heart?"</u>
	Strength and Conditioning Bodyweight <u>"Lift Up Your Eyes"</u>	Total Body Strength and Kickboxing <u>"Unoffendable"</u>	<u>Quick 10 minute Full Body Stretch</u>	Cardio Dance <u>"Anchored in Love"</u>	Strength and Conditioning <u>"Number Your Days"</u>
	Low Impact Strength and Conditioning <u>"You Matter"</u>	Rhythm Mix <u>"Drop the Weight"</u>	<u>Foam Rolling</u>	Drumstick and Tabata Strength <u>"His Perfect Peace"</u>	Strength and Conditioning <u>"What is the Condition of your Heart?"</u>
Bonus	SEAT Full Body Workout <u>"God's Steadfast Love"</u>	Speed walking Workout <u>2,000 STEPS!</u>	Cardio and Strength Conditioning <u>"His Love Never Quits!"</u>		