

April

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
	8 squats	5 sitting knee pull-ins	10 second wall sit	10 calf raises	10 side leg raises (each side)	5 tricep dips
23	24	25	26	27	28	29
5 push ups	12 squats	10 sitting knee pull-ins	15 second wall sit	15 calf raises	15 side leg raises (each side)	7 tricep dips
30						
10 push ups						