












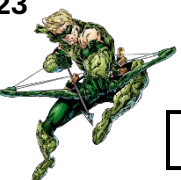








APRIL FITNESS PLAN

Goal: Training like a superhero combines compound lifting for power, high-intensity cardio for conditioning, and core work for stability to create a versatile, capable body.

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Check the box when completed!			1 You Pick!	2  <input type="checkbox"/>	3  <input type="checkbox"/>	4 Rest
			5 Rest	6  <input type="checkbox"/>	7  <input type="checkbox"/>	8  <input type="checkbox"/>
12 Rest	13  <input type="checkbox"/>	14  <input type="checkbox"/>	15  <input type="checkbox"/>	16  <input type="checkbox"/>	17  <input type="checkbox"/>	18 Rest
19 Rest	20  <input type="checkbox"/>	21  <input type="checkbox"/>	22  <input type="checkbox"/>	23  <input type="checkbox"/>	24  <input type="checkbox"/>	25 Rest
26 Rest	27  <input type="checkbox"/>	28  <input type="checkbox"/>	29  <input type="checkbox"/>	30 You Pick!		

Turn it in at the beginning of MAY for credit!

Member Name:

TRAIN LIKE SUPERHERO!