

Be Healthy Enough Monthly Workout Calendar

Theme: Pelvic Health and Strength

Click on the day and it will take you right to the video!

APRIL 2024

SUN	MON	TUE	WED	THU	FRI	SAT
31 Pelvis Assessment	1 LIVE Pelvis Assessment 30 Min Full Body Strength with Light Weights	2 15 Min Power HIIT Pelvis Strength Level 1	3 30 Min Strength Training Circuit	4 15 Min HIIT 45s Int Pelvis Strength Level 1	5 30 Min Strength Bursts	6 Pelvis Strength Level 1
7 Sunday Setup Restorative Full Body Stretch	8 30 Min Strength and Power	9 15 Min Cardio Bursts Pelvis Strength Level 2	10 30 Min Full Body Strength with Light Weights (on Mission Bay)	11 15 Min Bone Building Tabata Pelvis Strength Level 2	12 30 Min Strength Training Circuit	13 Pelvis Strength Level 2
14 Sunday Setup Core and Mobility Stretch	15 30 Min Strength Bursts	16 15 Min Lo and Hi Cardio Pelvis Strength Level 3	17 30 Min Strength and Power	18 15 Min HIIT 45s Int Pelvis Strength Level 3	19 30 Min Full Body Strength with Light Weights (on Mission Bay)	20 Pelvis Strength Level 3
21 Sunday Setup Full Body Stretch For Tight Bodies	22 30 Min Strength Training Circuit	23 15 Min Power HIIT Pelvis Strength Level 4	24 30 Min Strength Bursts	26 15 Min Bone Building Tabata Pelvis Strength Level 4	26 30 Min Strength and Power	27 LIVE Pelvis Workout Pelvis Strength Level 4
28 Sunday Setup Standing Stretch and Mobility	29 30 Min Full Body Strength with Light Weights (on Mission Bay)	30 15 Min Cardio Bursts Pelvis Strength Level 5				