

WORKOUT PLAN

Week of:

APRIL 7 - APRIL 13, 2024

1

Sunday



8AM
CST

8

Monday



NEW

9

Tuesday



NEW

10

Wednesday



NEW

11

Thursday



NEW

12

Friday



NEW

13

Saturday



NEW

All NEW
Workouts!

FREE on
YouTube!

INFO:

SUNDAY'S WORKOUT
WILL PREMIER ON YOUTUBE AT 8:00 AM
CENTRAL STANDARD/CHICAGO TIME

WHAT'S A PREMIERE?

A YouTube Premiere is a pre-recorded video that is released at a designated time and has a text chat. It's fun because we can all work out at the same time and we can also text in the video chat before, and during the workout. I'd love for you to give it a try!

The thumbnails on this workout plan are linked to the workout video. Just click on the pic to go to the video!

Or [CLICK HERE](#) to go to a playlist with all the videos for this week.

New workouts will show up in the playlist when they are released. New workouts are released at **12:00 am (CST)**.

If you'd like to connect with others online who are doing this workout plan and who are on a fitness journey, just like you, join the [Enrich Your Life Fitness Community Group on Facebook](#).



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