

April 2018

*Ask yourself if what your doing today is getting you closer to where you want to be tomorrow.*

Hi Everyone! Welcome to our April 2018  
#SexyandStrongLegsChallenge!

This challenge is all about toning, strength and pushing ourselves to do one thing everyday to get closer to our goals!

I have outlined what we will be doing on each day, however feel free to add in your own workouts or modify to your fitness level!

What I love about challenges is the daily reminder to work on that particular goal! I always say this but at the end of the day to see change you have to be consistent! And for the next 28 days that is exactly what we will do: **stay consistent and inspired!**

From my experience I have reached goals faster by doing a little everyday rather than being burnt out from a long and hard workout (which resulted in me skipping workouts for a weeks...oops lol).

Remember its about quality, not quantity!

Don't forget to HAVE FUN! Enjoy the challenge and the month of April! Get to know other Family members who are also doing the challenge! I am here every step of the way!

xoxo

Sammy

# APR 2018

## #SEXYandSTRONGLegsChallenge

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
	Watch video about challenge!	20 Jumping Jax 10 High Runs 20 Lunges 10 Squats Repeat 3x	Walk on an incline for 20 min (inside or out)	Take the stairs! If you have the option, choose stairs over elevator!	Fri YAY Shake - Chocolate powder - Coconut milk - Raspberries blend!	20 heel raises 10 side lunges 20 jump squats 10 lunge jumps
8	9	10	11	12	13	14
Shave + Moisturize your sexy legs! Treat yourself to a pamper night!	30 min of cardio! (your choice)	Rest day! Hydrate + Stretch!	My 10 min Leg workout! (will be posted 12 pm PST)	No artificial sugars for 24 hours!	Light jog for 15 min!	Outdoor workout! Ex: Hiking, walking, bike riding
15	16	17	18	19	20	21
RELAX! Sip Green Teal	25 Sumo Squats 25 Donkey Kicks 25 Fire Hydrants Repeat 3x	Abs + Inner Thighs - 20 bicycles - 10 scissor kicks - 20 side leg lifts Repeat 3x	REST! Today's video will show yummy protein balls!	Make protein balls from yesterday's video!	Morning walk or jog before breakfast	Have a cheat meal!
22	23	24	25	26	27	28
Incorporate stairs into your workout!	20 sec wall sit 20 push ups 20 sec planks 20 fast squats Repeat 3x	Create your own 10 min HIIT workout! Blast good music!	Rest & Enjoy today's Vlog!	Go Dairy Free for 24 hours	Incorporate jump squats into your workout today!	Take the long way! ex: park far from destination so you have to walk!
29	30					
Prep 3 different meals for the week! Incorporate complex carbs!	What was your favorite part about the challenge!?					