

# iGnite STUDIO!

## Weekly Workout Plan

# APRIL 14 - APRIL 20

## 45 Minute Class Schedule

Click on the underlined text on each day & be taken to the workout.

APR 14	APR 15	APR 16	APR 17	APR 18	APR 19	APR 20
<u>Basketball</u> <u>Blast</u> <u>HIIT</u>	<u>SIT</u> <u>(Sprint</u> <u>Interval</u> <u>Training) +</u> <u>All Out</u> <u>Arm</u> <u>Strength</u>	<u>Cardio</u> <u>Beats &amp;</u> <u>Outer</u> <u>Thighs</u>	<u>Chest &amp; Back</u> <u>Strength +</u> <u>All Out</u> <u>Burpee</u> <u>Combos</u>	<u>POWER</u> <u>Cardio +</u> <u>Isometric</u> <u>Strength</u> <u>Hold</u>	Have fun doing what you love with the ones you love	Happy Sunday!  Rest & enjoy your day
Dumbbells Ball or Volleyball	Dumbbells	Booty Band	Dumbbells	Low Bench or Step		
45-Minute	45-Minute	45-Minute	45-Minute	45-Minute		