



APRIL

Spring into Action!

<u>Funday Sunday</u>	<u>Munch It Monday</u>	<u>Too Sexy Tuesday</u>	<u>Work It Wednesday</u>	<u>Thoughtful Thursday</u>	<u>Fit Bottomed Friday</u>	<u>Booty-full Saturday</u>
			1 Do the Superhero Circuit 3 times: 10 jumping jacks, 10 squats, 10 push-ups, 10 high-knees and 10 supermans!	2 Get in touch with your inner superhero	3 Pick an ineffective exercise to ditch and swap it for a better one!	4 Work your booty like Beyonce
5 Go for a long walk and visualize yourself reaching your fit goals	6 Try a superfood you've never eaten!	7 Tell us with #FBGChallenge 5 ways you're springing into action and getting fit NOW!	8 Do the Superhero Circuit 3 times: 15 jumping jacks, 15 squats, 15 push-ups, 15 high-knees and 15 supermans!	9 Pick your inner superhero's theme song	10 Do your favorite cardio ... fast!	11 Do the Bust a Move Dance and Strength Workout
12 Grab a towel and "spring clean" your core	13 Share 10 foods that make you feel "super" when you eat them!	14 Find a new mantra or quote that inspires you	15 Do the Superhero Circuit 3 times: 20 jumping jacks, 20 squats, 20 push-ups, 20 high-knees and 20 supermans!	16 Imagine your inner superhero's outfit	17 See how you can bring a little Fit Bottomedness to your work-place	18 Do some butt-building yoga
19 Celebrate Earth Day early with some outdoor HIIT!	20 Make a meal with as many superfoods as you can	21 Share a time when your mantra helped you make a healthy decision for a chance to win!	22 Do the Superhero Circuit 3 times: 25 jumping jacks, 25 squats, 25 push-ups, 25 high-knees and 25 supermans!	23 Put your inner superhero all together!	24 Practice your perfect push-up form	25 Grab a bud for a run/walk and warm-up with the High-Five Partner Move!
26 Set a goal to do something out of your comfort zone for next month!	27 Sneak in a green smoothie	28 Spring clean your workout excuses -- and then work out!	29 Do the Superhero Circuit 3 times: 30 jumping jacks, 30 squats, 30 push-ups, 30 high-knees and 30 supermans!	30 Realize that you ARE your inner superhero!		



Go to www.fitBottomedGirls.com for full details of each day's challenge!
Tell us how you're doing (@fitBottomedGirl) with #FBGChallenge to win prizes!