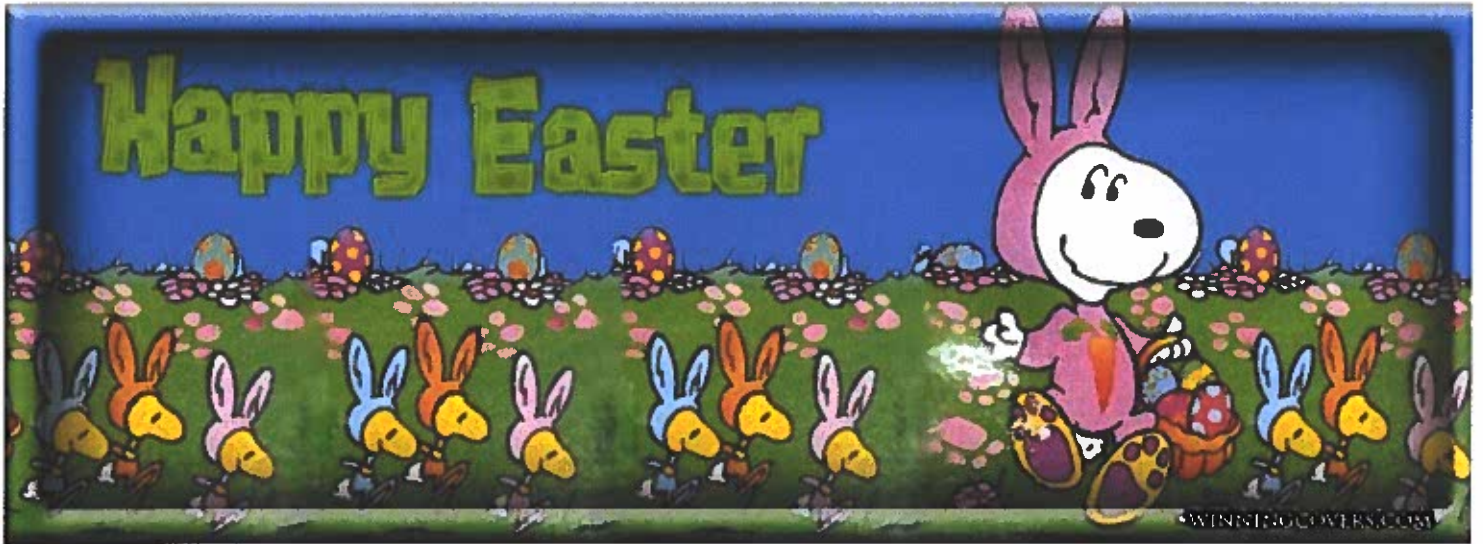


April

2021

Wellness



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7 Wellness T Shirt	8 Two months, 5 weeks to go BL2	9	10
11	12	13	14 Wellness T Shirt	15 4 Weeks to go!	16	17
18	19	20	21 Wellness T Shirt	22 3 Weeks	23	24
25	26	27	28 Wellness T Shirt	29 2 Weeks left! You Got this!!!	30	
			Don't let stress dictate your life.			

CONQUEROR

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



20 slow climbers



20 squats



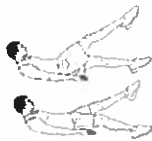
20 punches



20 push-ups



20 punches



20 flutter kicks



20 sitting twists



20 flutter kicks

CONTENDER

DAREBEE WORKOUT @ darebee.com

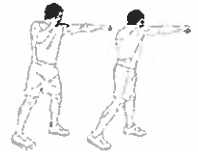
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



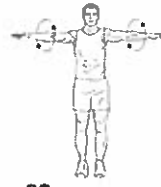
30 bounces



5 push-ups



30 punches



30 arm rotations



5 push-ups



30 squats



30 high knees



5 push-ups



30 punches

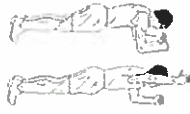
core connect

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes
10 reps each exercise



plank leg raises



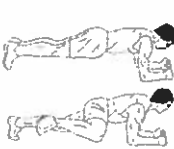
plank arm raises



body saw



plank rotations



spiderman planks



side plank knee taps



side star plank



side plank rotations

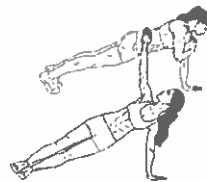


to failure elbow plank

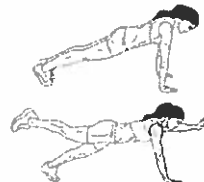
CORE CONTROL

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



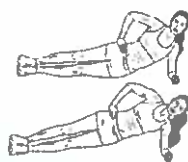
10 shoulder tap + rotation



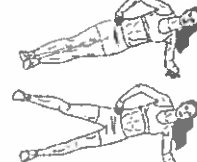
10 alt arm/leg raises



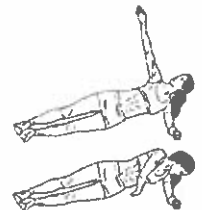
10 sit-outs



10 side plank raises



10 side plank leg raises



10 side plank rotations

APRIL

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

E B F S E H S O L A G A P
N U R O I L H Y A T D H P
I L Y U O T A S N N P I T
H B L R I L T O O N E F A
S S F S G G E M I A U Y U
N O R S U T A A S H I B R
U N E L S I R T A E V G U
S E T I D A E R Y R R T S
S H T R I R R N G O I H Q
E B U P M Q F G W K T E K
X M B A D A I S Y R Q K S
A A R B O R W E A T H E R
T M B W A L L E R B M U P

By Evelyn Johnson - www.qets.com

April	Diamond	Grow
Arbor	Earth	Rain
Aries	Easter	Sunshine
Bulbs	Eggs	Taurus
Bunny	Fool	Taxes
Butterfly	Galoshes	Umbrella
Daisy	Grass	Weather