

APRIL 2026 PLAN

Momentum

Weekly Structure

- 3 Full Body
- 1 HIIT
- 2 Cardio + Core / Upper
- 1 Recovery (foam rolling / yoga)

Full Weekly Schedule

Choose either workout when 2 options are given. Workouts with weights are noted with an asterisk.* Workouts with bands + sliders are noted with 2 asterisks.**

Monday – Full Body Wrap-Up 13.0** or Full Body Chisel 14.0*

Tuesday – HIIT 11.0 or HIIT 14.0*

Wednesday – Full Body Kickoff 13.0** or Total Body Shred 14.0*

Thursday – Cardio Core 7.0* or Cardio Core 11.0

Friday – Upper Body Chisel 11.0 or Upper Body + Core 13.0**

Saturday – LIVE (or replay)

Sunday – Foam Rolling Recovery or Yoga Stretch 1.0/2.0/3.0 (your choice)

*If you would prefer zero equipment / bodyweight workout options on M/W, here are my suggestions: Full Body Burner 16.0 (Monday) and Full Body Endurance 16.0 (Wednesday)

Scheduled LIVE Workouts:

- Saturday, April 11th – 9:00 AM EST
- Saturday, April 18th – 9:00AM EST

Replay available 24/7 in [LIVE NOW](#).

How to Use This Plan:

- Follow the workout listed for each day of the week. Each workout is 15 minutes. Show up, press play, and follow the schedule.
- If you're starting mid-month, begin with the current week and move forward — you are not behind.
- Inside the Fitness Group, you'll see a short daily 'step' that supports this month's focus — check in daily for guidance, mindset, and direction.
- LIVE Workouts are here to support you, challenge you & build camaraderie — not overwhelm or intimidate you. I always give an exit-ramp around 20-minutes in. Join LIVE when your schedule allows - I promise you'll love it!
- Need support or have questions? Post inside the [Crew Discussion](#) — I'm there, and so is your #MaggiesCrew community.

Need help with nutrition?

Your membership also includes several nutrition resources. You'll see these referenced inside the monthly fitness group throughout the month.