

# APRIL FITNESS CHALLENGE!

**APRIL ACTION: ELEVATE YOUR**

**FITNESS, EVERYDAY!**



Get ready to move, sweat, and see results with our April Action challenge! For 31 days, you'll tackle quick, effective workouts designed to boost strength, endurance, and energy. Whether you're a beginner or seasoned athlete, this challenge will help you level up your fitness. Let's make April your strongest month yet!

## APRIL 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 5 seconds of Jump Rope (or simulate the motion)	2 Do 20 reverse lunges, 10 per leg, to target your glutes and quads.
3 Complete 30 seconds of mountain climbers for a full-body burn.	4 Do 20 push-ups to renegade rows (or regular push-ups if no weights) for upper body strength.	5 Perform 20 skater jumps per side to challenge your legs and balance.	6 Complete 25 leg raises to work your core and lower abs.	7 Hold a 30-second plank while lifting alternating legs to engage your core and glutes.	8 Perform 30 glute bridges to strengthen your glutes and hamstrings.	9 Do 15 burpees with a jump for a total-body workout.
10 Hold a 40-second wall sit to target your quads and build endurance.	11 Try 20 Spider-Man push-ups (or regular push-ups if needed) to work your chest, arms, and core.	12 Perform 20 Russian twists per side to work your obliques and core.	13 Start with 30 jumping jacks and follow with 10 squats to get your heart rate up.	14 Do 20 walking lunges, 10 per leg, for leg strength and stability.	15 Perform 30 seconds of high knees to improve cardio and engage your core.	16 Do 15 plank-to-push-ups to work your arms, chest, and core.
17 Perform 20 side lunges, 10 per side, to target your inner thighs and glutes.	18 Combine 10 jump squats and 10 push-ups for a total-body workout.	19 Shadow box for 1 minute to get your heart pumping and work your arms.	20 Perform 25 sit-ups with a twist to target your abs and obliques.	21 Do 20 alternating leg raises to strengthen your core and lower body.	22 Hold a 30-second plank to engage your entire core.	23 Do 25 tricep dips using a bench or chair to tone your arms.
24 Perform 30 seconds of butt kicks for a great cardio boost.	25 Do 20 frog jumps to work your quads, hamstrings, and glutes.	26 Combine 30 mountain climbers with 15 squats for a full-body workout.	27 Complete 20 plank jacks to work your core and shoulders.	28 Hold a 30-second Superman pose to strengthen your back and glutes.	29 Perform 15 jump lunges per leg to target your legs and challenge your cardio.	30 Do 40 seconds of plank shoulder taps to work your core and shoulders. 31 10 burpees, 20 squats, 15 push-ups, and a 30-second plank.



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