



Livingfit Livingfun® April Adrenaline

It's time for the April Adrenaline rush. This month's Livingfit Livingfun Daily Number starts with 9 minutes of Cardio and changes up to a max of 17 minutes. After cardio, the additional time for strength exercises and the adrenaline push will just depend on each individual. To end each April Adrenaline session, take 2 minutes to cool down. Remember, that the strength exercises can be done with or without weights, just doing the motion works.

Enjoy yourself!

Cardio – Running, Jogging or Walking Briskly

April 1 - 9 minutes	April 9 - 17 minutes	April 17 - 15 minutes	April 25 - 13 minutes
April 2 - 10 minutes	April 10 - 8 minutes	April 18 - 16 minutes	April 26 - 14 minutes
April 3 - 11 minutes	April 11 - 9 minutes	April 19 - 17 minutes	April 27 - 15 minutes
April 4 - 12 minutes	April 12 - 10 minutes	April 20 - 8 minutes	April 28 - 16 minutes
April 5 - 13 minutes	April 13 - 11 minutes	April 21 - 9 minutes	April 29 - 17 minutes
April 6 - 14 minutes	April 14 - 12 minutes	April 22 - 10 minutes	April 30 - 8 minutes
April 7 - 15 minutes	April 15 - 13 minutes	April 23 - 11 minutes	May 1 new plan starts
April 8 - 16 minutes	April 16 - 14 minutes	April 24 - 12 minutes	

Exercises - Total time will depend

Circuit training – 1 circuit of the following exercises:

Lunges x 10 each leg	Chest Fly x 15
Calf Raises x 30 each leg	Bicep Curl x 15
Shoulder Press x 15	Tricep Extension x 15

Adrenaline Push – 1 circuit each, with the goal of increasing your endurance for each throughout the month:

- Plank, holding as long as you can
- Push Up, as many as you can
- Burpee, as many as you can

Cool Down and Relax – 2 minutes

“Legs Up the Wall”, just as the name implies, lay on the floor as close as you can to the base board then raise your legs so that they are resting on the wall. Close your eyes and relax, preferably in a quiet space.