

APRIL 2021

MONTHLY FOCUS: GET IN YOUR GREENS
MONTHLY CHALLENGE: RUNNING CHALLENGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 Rest or Body-Part Day	29 Rest or Body-Part Day	30 Rest or Body-Part Day	31 Rest or Body-Part Day	1 Rest or Body-Part Day	2 Rest or Body-Part Day	3 Rest or Body-Part Day
4 Rest or Body-Part Day	5 Rest or Body-Part Day	6 Rest or Body-Part Day	7 Rest or Body-Part Day	8 Rest or Body-Part Day	9 Rest or Body-Part Day	10 Rest or Body-Part Day
11 Rest or Body-Part Day	12 WORKOUT 1	13 Rest	14 WORKOUT 2	15 Rest	16 Workout 3	17 Rest or Body-Part Day
18 Rest or Body-Part Day	19 WORKOUT 4	20 Rest	21 WORKOUT 5	22 Rest	23 Workout 6	24 Rest or Body-Part Day
25 Rest	26 Rest or Body-Part Day	27 Rest or Body-Part Day	28 Rest or Body-Part Day	29 Rest or Body-Part Day	30 Rest or Body-Part Day	1 Rest or Body-Part Day

WEIGHTS + CARDIO
C R A Z E

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STONE SQUAD GAME PLAN

1 NEW CAMP!

- Greens make everything better. I want you to make a promise to yourself that you will have at least one green and leafy salad every day for the month April. Tag me on Instagram @laceystonefitness so I can see what you're eating and share your picks as inspo to the rest of the Stone Squad!

- I want you to time yourself and see how far you can run outside in 2 minutes. It doesn't have to be a sprint if that's not the level you are at yet. I want you to go outside and time yourself 3 times a week trying to go a little farther every time. By the end of the month let's be wowed at our progress!

- **WEIGHTS + CARDIO CRAZE**
(APRIL 12TH-23RD)

Follow along on Instagram and in the Forums for bonus squad challenges!

TRACK YOUR PROGRESS + TAKE NOTES HERE



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