
















..... **WORKOUT PLAN FOR APRIL**

(Name)

Monday Tuesday Wednesday Thursday Friday

Exercise	Self - assessment	
 <p>Back</p>	 <input data-bbox="857 567 953 655" type="checkbox"/>	 <input data-bbox="1214 567 1310 655" type="checkbox"/>
 <p>Scissors</p>	 <input data-bbox="857 846 953 934" type="checkbox"/>	 <input data-bbox="1214 846 1310 934" type="checkbox"/>
 <p>Crunches</p>	 <input data-bbox="857 1125 953 1213" type="checkbox"/>	 <input data-bbox="1214 1125 1310 1213" type="checkbox"/>
 <p>Push ups</p>	 <input data-bbox="857 1404 953 1493" type="checkbox"/>	 <input data-bbox="1214 1404 1310 1493" type="checkbox"/>
 <p>With dumbbells</p>	 <input data-bbox="857 1684 953 1772" type="checkbox"/>	 <input data-bbox="1214 1684 1310 1772" type="checkbox"/>

Through the month student have to do five eksersaises a day - from Monday to friday.