



Seated Spinal Rotation

APRIL FITNESS CHALLENGE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 10 Rotations	2 12 Rotations	3 14 Rotations	4 16 Rotations	5 18 Rotations	6 Rest day!	7 Rest day!
8 20 Rotations	9 22 Rotations	10 24 Rotations	11 26 Rotations	12 28 Rotations	13 Rest day!	14 Rest day!
15 30 Rotations	16 32 Rotations	17 34 Rotations	18 36 Rotations	19 38 Rotations	20 Rest day!	21 Rest day!
22 40 Rotations	23 42 Rotations	24 44 Rotations	25 46 Rotations	26 48 Rotations	27 Rest day!	28 Rest day!
29 50 Rotations	30 52 Rotations					