




Pietra Fitness Apr Workout Plan 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>To access the videos, hit the link for each day or log into the Pietra Fitness online studio and go to 'Classes'. Tag us on Instagram and let us know how it's going!</p>			<p>¹ Lent: Swan Dive 32 min</p>	<p>² Lent: Hip Strengtheners 25 min</p>	<p>³ Good Friday </p>	<p>⁴ Lent: Core-rific 28 min</p>
<p>⁵ Easter Sunday </p>	<p>⁶ Easter: Resurrection 36 min</p>	<p>⁷ Easter: Leg Force 25 min</p>	<p>⁸ Easter: Revival 59 min</p>	<p>⁹ Easter: Stress Relief 36 min</p>	<p>¹⁰ Easter: Resurrection 36 min</p>	<p>¹¹ Easter: Leg Force 25 min</p>
<p>¹² Rest ...or spend some time outside!</p>	<p>¹³ Live from Home: Tighten & Tone 47 min</p>	<p>¹⁴ Resistance Chest and Shoulders (Int) 13 min Lord Make Haste to Help Me (Int) 31 min</p>	<p>¹⁵ 12 Min. Leg Burn 12 min Crushing our Vices: Gluttony/Temperance – Balance 30 min</p>	<p>¹⁶ Release, Restore, & Recover #5: Praising God for Hope and Healing 21 min</p>	<p>¹⁷ 10 Min. Arms & Shoulders (Int) 10 min Live from Home: Workday Recovery 24 min</p>	<p>¹⁸ Core Power Blast 11 min Live from Home: Side Bends 25 min</p>
<p>¹⁹ Rest ...or spend some time outside!</p>	<p>²⁰ Live from Home: Tighten & Tone 47 min</p>	<p>²¹ Resistance Chest and Shoulders (Int) 13 min Lord Make Haste to Help Me (Int) 31 min</p>	<p>²² 12 Min. Leg Burn 12 min Crushing our Vices: Gluttony/Temperance – Balance 30 min</p>	<p>²³ Release, Restore, & Recover #4: God is my Rock 20 min</p>	<p>²⁴ 10 Min. Arms & Shoulders (Int) 10 min Live from Home: Workday Recovery 24 min</p>	<p>²⁵ Core Power Blast 11 min Live from Home: Side Bends 25 min</p>
<p>²⁶ Rest ...or spend some time outside!</p>	<p>²⁷ Live from Home: Tighten & Tone 47 min</p>	<p>²⁸ Resistance Chest and Shoulders (Int) 13 min Lord Make Haste to Help Me (Int) 31 min</p>	<p>²⁹ 12 Min. Leg Burn 12 min Crushing our Vices: Gluttony/Temperance – Balance 30 min</p>	<p>³⁰ Release, Restore, & Recover #3: The Lord Heals the Brokenhearted 18 min</p>	<p>"He will swallow up death in victory; and the Lord God will wipe away tears from off all faces." - Isaiah 25:8</p>	