

| RELENTLESS | | | |
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| April Routine 2026 | | | |
| Spiritual Warfare/Preparedness/Prepper Fit&Health | | | |
| Date | Bible Devotion (Spiritual Warfare & Drawing Near to God) | Preparedness Task | Prepper Fit & Health |
| 1-Apr | Ephesians 6:10-18 – Put on the full armor of God | Tourniquet drill on both arm and leg (use trainer or safe partner) | 30-minute easy run + dynamic warm-up |
| 2-Apr | James 4:7-8 – Submit to God and the devil will flee | Complete IFAK audit and replace any expired meds or supplies | 4-mile ruck (30 lb pack, steady pace) |
| 3-Apr | 1 Peter 5:8-9 – Be sober-minded, resist the roaring lion | Wilderness medicine: practice one-person carry techniques | Calisthenics ladder – 10-15-20 push-ups / air squats / burpees |
| 4-Apr | 2 Corinthians 10:3-5 – Tear down strongholds with divine weapons | Re-pack and waterproof your main bug-out bag | Kettlebell – 5 rounds of 20 swings, 10 goblet squats, 8 Turkish get-ups/side |
| 5-Apr | Matthew 4:1-11 – Jesus overcomes every temptation | One-handed ferro-rod fire-start practice (multiple methods) | Free-weight push/pull – 3×10 bench, 3×12 rows, 3×10 overhead press |
| 6-Apr | Psalms 91:1-16 – Dwelling in the shelter of the Most High | Test all three water-purification methods in one session | 5K tempo run |
| 7-Apr | 1 John 4:4 – Greater is He who is in you than he who is in the world | Local land-navigation drill with map & compass only | Hill ruck sprints – 6×200 m uphill (25 lb pack) |
| 8-Apr | Romans 8:37-39 – More than conquerors through Christ | Full seed inventory + start germination test trays for April planting | Bodyweight HIIT – 4 rounds (pull-ups, dips, lunges, mountain climbers) |
| 9-Apr | 2 Timothy 1:7 – God gives power, love, and a sound mind | Simulate sucking chest wound and apply chest seal correctly | Kettlebell complex – clean + press + squat + swing (3 full rounds) |

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| 10-Apr | Philippians 4:6-7 – Prayer that guards your heart and mind | Unloaded dry-fire practice with EDC pistol (safe direction) | Free-weight full-body – 4×8 deadlifts + max pull-ups + farmer's carry |
| 11-Apr | James 1:12-15 – Blessed is the one who endures temptation | Garden tool sharpening and maintenance day | 8×400 m interval sprints with 90-sec walk recovery |
| 12-Apr | 1 Corinthians 10:13 – God always provides a way out of temptation | Quick tarp shelter build and take-down drill | 6-mile ruck (35 lb pack) |
| 13-Apr | Ephesians 4:26-27 – Do not give the devil a foothold | Rotate and inspect all long-term food & water storage | Calisthenics pyramid – build to 15 then descend (push/squat/sit-up) |
| 14-Apr | Matthew 6:9-13 – Deliver us from the evil one (Lord's Prayer focus) | Harden off seedlings and prep outdoor transplant beds | Kettlebell snatch ladder – 5-10-15 reps each arm |
| 15-Apr | 2 Corinthians 2:11 – Do not be outwitted by Satan's schemes | Medical evacuation ruck drill with IFAK | Free-weight strength – 3×10 squats, bench, rows, 3×8 overhead |
| 16-Apr | Luke 10:19 – Authority to tread on serpents and scorpions | Signaling & communication drill (mirror, whistle, smoke) | Recovery run – 3 miles easy + full mobility routine |
| 17-Apr | Colossians 2:15 – Christ disarmed the rulers and authorities | Garden bed soil test and compost amendment plan | Ruck with tactical stops – 3 miles + 20 burpees every mile |
| 18-Apr | Revelation 12:11 – Overcome by the blood of the Lamb and your testimony | Tactical reload and malfunction clearance drills (dry) | 20-minute AMRAP calisthenics (max push-ups, pull-ups, squats) |
| 19-Apr | Isaiah 54:17 – No weapon formed against you shall prosper | Row-cover & companion-planting layout for pest protection | Kettlebell – 100 swings for time + 50 goblet squats |
| 20-Apr | Psalms 119:105 – Your word is a lamp to my feet | Full 72-hour kit inspection and reorganization | Free-weight overhead emphasis – 5×5 strict press + accessories |
| 21-Apr | Proverbs 4:23 – Guard your heart above all else | CPR + AED skill refresh and practice | Trail run – 4 miles with natural elevation |

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| 22-Apr | Galatians 5:16 – Walk by the Spirit and you will not gratify the flesh | Full garden bed prep (double-dig or no-till method) | Heavy ruck – 5 miles (40 lb pack) |
| 23-Apr | Romans 12:1-2 – Be transformed by the renewing of your mind | Map vs smartphone navigation comparison drill | Advanced calisthenics – muscle-up progressions + core circuit |
| 24-Apr | John 15:4-5 – Abide in the vine and bear much fruit | Get-home bag rapid-deployment drill | Kettlebell flow – 5 rounds (10 swings, 5 cleans, 5 presses per side) |
| 25-Apr | Psalms 23 – The Lord is my shepherd, I shall not want | Wild-edible identification walk and safety review | Free-weight hypertrophy day – 4×12 squats, bench, rows |
| 26-Apr | Joshua 1:8-9 – Meditate on the Word day and night | Vehicle + home medical kit full organization | 10×100 m sprint intervals |
| 27-Apr | Deuteronomy 31:6 – Be strong and courageous, the Lord goes with you | Portable solar charger and backup power functionality test | Light recovery ruck – 2 miles + full stretching |
| 28-Apr | Hebrews 12:1-2 – Run with endurance the race set before you | Complete garden tool & irrigation system check | Full-body calisthenics + core (planks, leg raises, hollow holds) |
| 29-Apr | 1 Thessalonians 5:16-18 – Rejoice always, pray without ceasing | Advanced bleeding-control drill (pressure bandage + tourniquet) | Kettlebell endurance session – Turkish get-ups + swings focus |
| 30-Apr | Psalms 34:4-5 – I sought the Lord and He delivered me | Full monthly preparedness gear audit – test everything | Free-weight technique day – lighter loads, perfect form + mobility |