

# Fitness Madness in March Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		20 bridges, 20 squats, 20 lunges	30 sec plank, 10 push- ups, 10 mt climbers	40 sec plank, 15 triceps dips, 20 mt climbers	1 25 jumping jacks, 20 burpees, 20 high knees	2 25 bridges, 25 squats, 25 lunges
3 R E S T	4 60 sec plank, 15 push- ups, 25 mt climbers	5 30 jumping jacks, 30 burpees, 30 high knees	6 30 bridges, 30 squats, 30 lunges	7 R E S T	8 70 sec plank, 35 burpees, 30 high knees	9 35 jumping jacks, 40 burpees, 35 high knees
10 R E S T Spring Forward! ☺	11 35 bridges, 35 squats, 35 lunges	12 80 sec plank, 20 push- ups, 35 mt climbers	13 40 jumping jacks, 45 burpees, 40 high knees	14 R E S T	15 40 bridges, 40 squats, 40 lunges	16 90 sec plank, 20 triceps dips, 40 mt climbers
17 R E S T - Lucky for you it's St. Patrick's Day!	18 45 jumping jacks, 50 burpees, 45 high knees	19 45 bridges, 45 squats, 45 lunges	20 R E S T First Day of Spring!	21 100 sec plank, 30 push-ups, 50 mt climbers	22 50 jumping jacks, 55 burpees, 50 high knees	23 120 sec plank, 25 triceps dips, 55 mt climbers
24 R E S T	25 60 jumping jacks, 60 burpees, 60 knee highs	26 50 bridges, 50 squats, 50 lunges	27 130 sec plank, 30 triceps dips, 60 mt climbers	28 70 jumping jacks, 70 burpees, 70 knee highs	29 140 sec plank, 35 triceps dips, 65 mt climbers	30/31 80 jumping jacks, 80 burpees, 80 knee highs / 31 R E S T
<p>You may very well think we are “mad” with this month’s challenge! Do these challenges in front of a coach and have them sign off as proof you did the challenge. If you complete the entire month you will receive 20% off your total store purchase!</p>						