



March Madness Challenge 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 20 bridges, 20 squats, 20 lunges	2 30 sec plank, 10 push- ups, 10 mt climbers	3 40 sec plank, 15 triceps dips, 20 mt climbers	4 25 jumping jacks, 20 burpees, 20 high knees	5 25 bridges, 25 squats, 25 lunges
6 R E S T	7 60 sec plank, 15 push- ups, 25 mt climbers	8 30 jumping jacks, 30 burpees, 30 high knees	9 30 bridges, 30 squats, 30 lunges	10 R E S T	11 70 sec plank, 35 burpees, 30 high knees	12 35 jumping jacks, 40 burpees, 35 high knees
13 R E S T Spring Forward! ☺	14 35 bridges, 35 squats, 35 lunges	15 80 sec plank, 20 push- ups, 35 mt climbers	16 40 jumping jacks, 45 burpees, 40 high knees	17 REST – Lucky for you it's St. Patty's Day!	18 40 bridges, 40 squats, 40 lunges	19 90 sec plank, 20 triceps dips, 40 mt climbers
20 R E S T First Day of Spring!	21 45 jumping jacks, 50 burpees, 45 high knees	22 45 bridges, 45 squats, 45 lunges	23 R E S T	24 100 sec plank, 30 push-ups, 50 mt climbers	25 50 jumping jacks, 55 burpees, 50 high knees	26 120 sec plank, 25 triceps dips, 55 mt climbers
27 R E S T	28 60 jumping jacks, 60 burpees, 60 knee highs	29 50 bridges, 50 squats, 50 lunges	30 130 sec plank, 30 triceps dips, 60 mt climbers	31 70 jumping jacks, 70 burpees, 70 knee highs		

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 30% off your total store purchase. If you use cash add an extra 5% off!
TOTAL 35% SAVINGS!