



March Madness Challenge 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 R E S T	2 20 jumping jacks, 10 burpees, 10 high knees	3 20 bridges, 20 squats, 20 lunges	4 30 sec plank, 10 push-ups, 10 mt climbers	5 40 sec plank, 15 triceps dips, 20 mt climbers	6 25 jumping jacks, 20 burpees, 20 high knees	7 25 bridges, 25 squats, 25 lunges
8 R E S T	9 60 sec plank, 25 triceps dips, 25 mt climbers	10 30 jumping jacks, 30 burpees, 30 high knees	11 30 bridges, 30 squats, 30 lunges	12 R E S T	13 70 sec plank, 35 burpees, 30 high knees	14 35 jumping jacks, 35 burpees, 35 high knees
15 R E S T	16 35 bridges, 35 squats, 35 lunges	17 80 sec plank, 30 triceps dips, 35 mt climbers	18 40 jumping jacks, 40 burpees, 40 high knees	19 40 bridges, 40 squats, 40 lunges	20 R E S T	21 90 sec plank, 40 triceps dips, 40 mt climbers
22 R E S T	23 45 jumping jacks, 45 burpees, 45 high knees	24 45 bridges, 45 squats, 45 lunges	25 R E S T	26 100 sec plank, 50 triceps dips, 50 mt climbers	27 50 jumping jacks, 50 burpees, 50 high knees	28 120 sec plank, 55 triceps dips, 55 mt climbers
29 R E S T	30 60 jumping jacks, 60 burpees, 60 knee highs	31 50 bridges, 50 squats, 50 lunges				

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!