

MARCH MADNESS

SUN	MON	TUES	WED	THURS	FRI	SAT
 ☐	3 30 PUSH UPS 30 SIT UPS 30 SQUATS ☐	4 40 PUSH UPS 40 SIT UPS 40 SQUATS ☐	5 50 PUSH UPS 50 SIT UPS 50 SQUATS ☐	6 60 PUSH UPS 60 SIT UPS 60 SQUATS ☐	7 70 PUSH UPS 70 SIT UPS 70 SQUATS ☐	8 80 PUSH UPS 80 SIT UPS 80 SQUATS ☐
9 90 PUSH UPS 90 SIT UPS 90 SQUATS ☐	10 100 PUSH UPS 100 SIT UPS 100 SQUATS ☐	11 RUN 1 MILE ☐	12 20 BURPEES 20 MT CLIMBERS 20 LUNGES ☐	13 30 BURPEES 30 MT CLIMBERS 30 LUNGES ☐	14 40 BURPEES 40 MT CLIMBERS 40 LUNGES ☐	15 50 BURPEES 50 MT CLIMBERS 50 LUNGES ☐
16 60 BURPEES 60 MT CLIMBERS 60 LUNGES ☐	17 70 BURPEES 70 MT CLIMBERS 70 LUNGES ☐	18 80 BURPEES 80 MT CLIMBERS 80 LUNGES ☐	19 90 BURPEES 90 MT CLIMBERS 90 LUNGES ☐	20 100 BURPEES 100 MT CLIMBERS 100 LUNGES ☐	21 RUN 2 MILES ☐	 ☐
23 30 JUMP SQUATS 30 STARFISH 30 SEC PLANK ☐	24 40 JUMP SQUATS 40 STARFISH 40 SEC PLANK ☐	25 50 JUMP SQUATS 50 STARFISH 50 SEC PLANK ☐	26 60 JUMP SQUATS 60 STARFISH 60 SEC PLANK ☐	27 70 JUMP SQUATS 70 STARFISH 70 SEC PLANK ☐	28 80 JUMP SQUATS 80 STARFISH 80 SEC PLANK ☐	29 90 JUMP SQUATS 90 STARFISH 90 SEC PLANK ☐
30 100 JUMP SQUATS 100 STARFISH 100 SEC PLANK ☐	31 RUN 3 MILES ☐	 = REST DAY!!	 = EAT GREEN VEGGIES!!			