

# MARCH Muscle Madness Fitness Challenge 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Complete at least 4 activities per week.	<i><b>PARENTS: Please sign the bottom of the calendar when finished. Then return to Mrs. Sica</b></i>				1 5 Burpees 5 Sit-ups 5 Mountain Climbers	2 5 Lunges 5 Crab Taps 5 Star Jumps
3 <b>REST</b>	4 10 Push-ups 10 Jumping Jacks 10 Squats	5 10 Burpees 10 Sit-ups 10 Mountain Climbers	6 10 Lunges 10 Crab Taps 10 Star Jumps <b>Workout Wednesday</b>	7 10 Push-ups 10 Jumping Jacks 10 Squats	8 10 Burpees 10 Sit-ups 10 Mountain Climbers	9 10 Lunges 10 Crab Taps 10 Star Jumps
10 <b>REST</b>	11 15 Push-ups 15 Jumping Jacks 15 Squats	12 15 Burpees 15 Sit-ups 15 Mountain Climbers	13 15 Lunges 15 Crab Taps 15 Star Jumps	14 15 Push-ups 15 Jumping Jacks 15 Squats	15 15 Burpees 15 Sit-ups 15 Mountain Climbers	16 15 Lunges 15 Crab Taps 15 Star Jumps
17 <b>REST</b>	18 20 Push-ups 20 Jumping Jacks 20 Squats	19 20 Burpees 20 Sit-ups 20 Mountain Climbers	20 20 Lunges 20 Crab Taps 20 Star Jumps	21 20 Push-ups 20 Jumping Jacks 20 Squats	22 20 Burpees 20 Sit-ups 20 Mountain Climbers	23 20 Lunges 20 Crab Taps 20 Star Jumps
24/31 <b>REST</b>	25 25 Push-ups 25 Jumping Jacks 25 Squats	26 25 Burpees 25 Sit-ups 25 Mountain Climbers	27 25 Lunges 25 Crab Taps 25 Star Jumps	28 25 Push-ups 25 Jumping Jacks 25 Squats	29 25 Burpees 25 Sit-ups 25 Mountain Climbers	30 25 Lunges 25 Crab Taps 25 Star Jumps

Student's Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_