

MARCH Muscle Madness Fitness Challenge 2020

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

Student's Name: _____

Parent Signature: _____