

# MARCH Muscle Madness Fitness Challenge 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>REST</b>	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 <b>Workout Wednesday</b>	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 <b>REST</b>	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 <b>REST</b>	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 <b>REST</b>	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 <b>REST</b>	30 30 Push-ups 30 Jumping Jacks 30 Squats	31 30 Burpees 30 Sit-ups 30 Mountain Climbers		Circle the activities that you complete!	<b><i>PARENTS: Please sign the bottom of the calendar when finished. Then return to Mrs. Sica</i></b>	

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

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