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| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **1** 15 JUMPING JACKS10 SIT-UPS15 LUNGES (per leg)10 PLANK JACKS | **2**5 BURPEES15 SECOND PLANK10 SQUATS5 PUSHUPS | **3**1 MIN. JUMP ROPE10 PLANK TOUCHES20 SEC. WALL SIT20 ARM CIRCLES - (10 each direction) | **4**REST**../../../../../images.png**Make a Fruit Smoothie | **5**20 JUMPING JACKS12 SIT-UPS18 LUNGES (per leg)12 PLANK JACKS | **6**8 BURPEES20 SECOND PLANK 12 SQUATS6 PUSHUPS | **7**1 MIN. JUMP ROPE16 PLANK TOUCHES25 SEC. WALL SIT20 ARM CIRCLES - (10 each direction) |
| **8** REST**../../../../../images.png**Go for a walk with a family member | **9**25 JUMPING JACKS14 SIT-UPS20 LUNGES (per leg)14 PLANK JACKS | **10**11 BURPEES25 SECOND PLANK 14 SQUATS7 PUSHUPS | **11**1 MIN. JUMP ROPE20 PLANK TOUCHES30 SEC. WALL SIT30 ARM CIRCLES -(15 each direction) | **12**REST**../../../../../images.png**Listen to music or sing a song. | **13**30 JUMPING JACKS16 SIT-UPS22 LUNGES (per leg)16 PLANK JACKS | **14**14 BURPEES30 SECOND PLANK 16 SQUATS8 PUSHUPS |
| **15**90 SEC. JUMP ROPE24 PLANK TOUCHES35 SEC. WALL SIT30 ARM CIRCLES -(15 each direction) | **16**REST**../../../../../images.png**Write a letter to a friend or relative. | **17**35 JUMPING JACKS18 SIT-UPS24 LUNGES (per leg)18 PLANK JACKS | **18**17 BURPEES35 SECOND PLANK 18 SQUATS9 PUSHUPS | **19**90 SEC. JUMP ROPE28 PLANK TOUCHES40 SEC. WALL SIT40 ARM CIRCLES(20 each direction) | **20**REST**../../../../../images.png**Draw a picture or read a book. | **21**40 JUMPING JACKS20 SIT-UPS26 LUNGES (per leg)20 PLANK JACKS |
| **22**20 BURPEES40 SECOND PLANK 20 SQUATS10 PUSHUPS | **23**90 SEC. JUMP ROPE32 PLANK TOUCHES45 SEC. WALL SIT40 ARM CIRCLES -(20 each direction | **24**REST**../../../../../images.png**Sit quietly for one minute and listen to your breathing. | **25**45 JUMPING JACKS22 SIT-UPS28 LUNGES (per leg)22 PLANK JACKS | **26**23 BURPEES45 SECOND PLANK 22 SQUATS11 PUSHUPS | **27**2 MIN. JUMP ROPE36 PLANK TOUCHES50 SEC. WALL SIT50 ARM CIRCLES -(25 each direction) | **28**REST**../../../../../images.png**Hug someone you love. |
| **29**50 JUMPING JACKS24 SIT-UPS30 LUNGES (per leg)24 PLANK JACKS | **30**26 BURPEES50 SECOND PLANK 24 SQUATS12 PUSHUPS | **31**2 MIN. JUMP ROPE40 PLANK TOUCHES1 MIN. WALL SIT50 ARM CIRCLES -(25 each direction |   |  |  | ) |

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 **Lucky Leprechaun’s**

 **MARCH Fitness Challenge!**

*Lucky Leprechaun’s March Fitness Challenge* consists of three different workouts focusing on endurance, upper body, and lower body strength. As the month progress, the time and number of repetitions for each exercise gradually increases. There is a built-in rest day every fourth day. Each rest day includes an additional challenge.

Each student’s fitness level varies. Therefore, the guidelines on the calendar are not set in stone. With help from an adult, each of the exercises and/or repetitions and times can be adapted to appropriately challenge the student. For example, if a student doesn’t have a jump rope, he can jump with an “imaginary” jump rope. This will allow him to reap the healthy benefits of continuously jumping for the given amount of time. Never hesitate to contact the physical education department with any questions or comments regarding the challenge.

**Don’t forget to turn in your calendar at the end of the month!**

Mark each day a workout (including the “rest day” challenge) is completed with a check mark. At the end of the month, students count up the total number of checks, then write that number on the bottom of the calendar where it says, “Total Days Completed.” Students complete the rest of the information on the calendar before asking a parent to sign it.

**Parents are encouraged to help and even participate in the workouts.**

Your child may need a little guidance. We encourage parents to assist with form and necessary adaptations based on fitness level. Finally, students get so excited when parents and siblings participate in the challenge with them. What better way to lead by example and promote lifelong fitness!