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| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **1**  15 JUMPING JACKS  10 SIT-UPS  15 LUNGES (per leg)  10 PLANK JACKS | **2**  5 BURPEES  15 SECOND PLANK  10 SQUATS  5 PUSHUPS | **3**  1 MIN. JUMP ROPE  10 PLANK TOUCHES  20 SEC. WALL SIT  20 ARM CIRCLES - (10 each direction) | **4**  REST**../../../../../images.png**  Make a Fruit Smoothie | **5**  20 JUMPING JACKS  12 SIT-UPS  18 LUNGES (per leg)  12 PLANK JACKS | **6**  8 BURPEES  20 SECOND PLANK 12 SQUATS  6 PUSHUPS | **7**  1 MIN. JUMP ROPE  16 PLANK TOUCHES  25 SEC. WALL SIT  20 ARM CIRCLES - (10 each direction) |
| **8**  REST**../../../../../images.png**  Go for a walk with a family member | **9**  25 JUMPING JACKS  14 SIT-UPS  20 LUNGES (per leg)  14 PLANK JACKS | **10**  11 BURPEES  25 SECOND PLANK 14 SQUATS  7 PUSHUPS | **11**  1 MIN. JUMP ROPE  20 PLANK TOUCHES  30 SEC. WALL SIT  30 ARM CIRCLES -  (15 each direction) | **12**  REST**../../../../../images.png**  Listen to music or sing a song. | **13**  30 JUMPING JACKS  16 SIT-UPS  22 LUNGES (per leg)  16 PLANK JACKS | **14**  14 BURPEES  30 SECOND PLANK 16 SQUATS  8 PUSHUPS |
| **15**  90 SEC. JUMP ROPE  24 PLANK TOUCHES  35 SEC. WALL SIT  30 ARM CIRCLES -  (15 each direction) | **16**  REST**../../../../../images.png**  Write a letter to a friend or relative. | **17**  35 JUMPING JACKS  18 SIT-UPS  24 LUNGES (per leg)  18 PLANK JACKS | **18**  17 BURPEES  35 SECOND PLANK 18 SQUATS  9 PUSHUPS | **19**  90 SEC. JUMP ROPE  28 PLANK TOUCHES  40 SEC. WALL SIT  40 ARM CIRCLES  (20 each direction) | **20**  REST**../../../../../images.png**  Draw a picture or read a book. | **21**  40 JUMPING JACKS  20 SIT-UPS  26 LUNGES (per leg)  20 PLANK JACKS |
| **22**  20 BURPEES  40 SECOND PLANK 20 SQUATS  10 PUSHUPS | **23**  90 SEC. JUMP ROPE  32 PLANK TOUCHES  45 SEC. WALL SIT  40 ARM CIRCLES -  (20 each direction | **24**  REST**../../../../../images.png**  Sit quietly for one minute and listen to your breathing. | **25**  45 JUMPING JACKS  22 SIT-UPS  28 LUNGES (per leg)  22 PLANK JACKS | **26**  23 BURPEES  45 SECOND PLANK 22 SQUATS  11 PUSHUPS | **27**  2 MIN. JUMP ROPE  36 PLANK TOUCHES  50 SEC. WALL SIT  50 ARM CIRCLES -  (25 each direction) | **28**  REST**../../../../../images.png**  Hug someone you love. |
| **29**  50 JUMPING JACKS  24 SIT-UPS  30 LUNGES (per leg)  24 PLANK JACKS | **30**  26 BURPEES  50 SECOND PLANK 24 SQUATS  12 PUSHUPS | **31**  2 MIN. JUMP ROPE  40 PLANK TOUCHES  1 MIN. WALL SIT  50 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!