

# March 2020

| Sun day | Monday  | Tuesday   | Wednesday   | Thursday  | Friday                    | Saturday  |
|---------|---|---|---|---|---------------------------|-----------|
| 15      | <b>16</b><br>50 squats<br>30 push-ups<br>30 sit-ups<br>1 minute plank<br>1 minute wall sit<br>12 squat jumps<br>Jogging 3 minutes | <b>17</b><br><u>Cardio Day</u><br>Jog/Walk for 20 minutes | <b>18</b><br>10 burpees<br>2x1-minute plank<br>2x1-minute wall sit<br>75 squats<br>40 push-ups<br>5x50 yard sprints<br>75 jumping jacks     | <b>19</b><br><u>Cardio Day</u><br>Jog/Walk for 20 minutes | <b>20</b><br>Stretch/Rest | <b>21</b> |
| 22      | <b>23</b><br>2 minutes jumping jacks<br>40 full body sit-ups<br>1 min star jumps<br>1 min plank<br>50 squats<br>Jogging 4 minutes | <b>24</b><br><u>Cardio Day</u><br>Jog/Walk for 25 minutes | <b>25</b><br>1 min high knees<br>25 police push-ups<br>50 crushes<br>1 min shoulder taps<br>50 lunges - alternate legs<br>100 jumping jacks | <b>26</b><br><u>Cardio Day</u><br>Jog/Walk for 25 minutes | <b>27</b><br>Stretch/Rest | <b>28</b> |
| 29      | <b>30</b><br>Spring Break   | <b>31</b>   |   |   |                           |           |