

March Muscle Madness Challenge

Create your own luck!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 5 reps - lunges, dips, step-ups	2 5 reps - push-ups, jumping jacks, squats	3 5 reps - burpees, sit-ups, mountain climbers	4 5 reps - lunges, dips, step-ups
5 REST DAY	6 10 reps - push-ups, jumping jacks, squats	7 10 reps - burpees, sit-ups, mountain climbers	8 10 reps - lunges, dips, step-ups	9 10 reps - push-ups, jumping jacks, squats	10 10 reps - burpees, sit-ups, mountain climbers	11 10 reps - lunges, dips, step-ups
12 REST DAY	13 15 reps - push-ups, jumping jacks, squats	14 15 reps - burpees, sit-ups, mountain climbers	15 15 reps - lunges, dips, step-ups	16 15 reps - push-ups, jumping jacks, squats	17 15 reps - burpees, sit-ups, mountain climbers	18 15 reps - lunges, dips, step-ups
19 REST DAY	20 20 reps - push-ups, jumping jacks, squats	21 20 reps - burpees, sit-ups, mountain climbers	22 20 reps - lunges, dips, step-ups	23 20 reps - push-ups, jumping jacks, squats	24 20 reps - burpees, sit-ups, mountain climbers	25 20 reps - lunges, dips, step-ups
26 REST DAY	27 25 reps - push-ups, jumping jacks, squats	28 25 reps - burpees, sit-ups, mountain climbers	29 25 reps - lunges, dips, step-ups	30 25 reps - push-ups, jumping jacks, squats	31 25 reps - burpees, sit-ups, mountain climbers	