

March 2025

Body Weight Bootcamp Challenge



Take the challenge to test your own body weight by following our March fitness calendar.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10 pushups, 10 squats, 10 burpees, 30 second plank
2 10 pushups, 10 squats, 10 burpees, 30 second plank	3 10 pushups, 10 squats, 10 burpees, 30 second plank	4 10 pushups, 10 squats, 10 burpees, 30 second plank	5 10 pushups, 10 squats, 10 burpees, 30 second plank	6 10 pushups, 10 squats, 10 burpees, 30 second plank	7 REST	8 15 pushups, 15 squats, 15 burpees, 45 second plank
9 15 pushups, 15 squats, 15 burpees, 45 second plank	10 15 pushups, 15 squats, 15 burpees, 45 second plank	11 15 pushups, 15 squats, 15 burpees, 45 second plank	12 15 pushups, 15 squats, 15 burpees, 45 second plank	13 15 pushups, 15 squats, 15 burpees, 45 second plank	14 REST	15 20 pushups, 20 squats, 20 burpees, 1 minute plank
16 20 pushups, 20 squats, 20 burpees, 1 minute plank	17 20 pushups, 20 squats, 20 burpees, 1 minute plank	18 20 pushups, 20 squats, 20 burpees, 1 minute plank	19 20 pushups, 20 squats, 20 burpees, 1 minute plank	20 20 pushups, 20 squats, 20 burpees, 1 minute plank	21 REST	22 25 pushups, 25 squats, 25 burpees, 1.25 minute plank
23 25 pushups, 25 squats, 25 burpees, 1.25 minute plank	24 25 pushups, 25 squats, 25 burpees, 1.25 minute plank	25 25 pushups, 25 squats, 25 burpees, 1.25 minute plank	26 25 pushups, 25 squats, 25 burpees, 1.25 minute plank	27 25 pushups, 25 squats, 25 burpees, 1.25 minute plank	28 REST	29 30 pushups, 30 squats, 30 burpees, 1.5 second plank
30 30 pushups, 30 squats, 30 burpees, 1.5 second plank	31 30 pushups, 30 squats, 30 burpees, 1.5 second plank					

Visit www.beachcitiesgym.com/challenge for more information on these exercises.