

March 5 – March 18

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
50 crunches 15 push-ups 1 minute plank 30 sec side plank-each side 1 minute bridge 15 push-ups 1 minute plank 50 v-crunches 1 minute plank 50 bicycle crunches	100 squats 90 walking lunges 80 mountain climbers 70 sumo squats 60 calf raises 50 glute bridge 40 jumping knee tucks 30 lateral lunges 15 burpees	15 small arm circles 20 cross-body punches-each side 20 tricep kickbacks-each side 15 large arm circles 30 sec side plank each side Repeat	10 single leg hip lifts—both sides 20 plie squats 30 alternating lunges 20 alternating donkey kicks 20 jumping lunges 1 minute wall sit Repeat	R E S T D A Y	20 flutter kicks (each leg) 20 crunches 20 bicycle kicks (each side) 10 doughnuts 20 heel touches (each side) 20 leg up crunches 20 leg drops	10 lunges each leg 20 jumping knee tucks 25 step ups—each leg 1 minute wall sit 10 sumo squats 15 calf raises Repeat
10 pushups 20 tricep kickbacks 30 arm circles 40 sec plank 50 mountain climbers 40 sec plank 30 arm circles 20 tricep kickbacks 10 pushups Repeat	10 burpees 50 jumping jacks 45 sec wall sit 10 burpees 15 push ups 15 mountain climbers (each side) 10 burpees 30 sec plank 50 jumping jacks 10 burpees	R E S T D A Y	10 sumo squats 50 jumping jacks 30 sec plank 40 calf raises 50 legs bent crunches 30 lunges 40 calf raises 20 donkey kicks (each side) 45 sec wall sit 10 squats 30 sec plank	20 cross body punches 30 sec side plank-each side 20 mini arm circles 15 burpees 30 superman 20 large arm circles 15 push ups 10 side tables—each side 30 sec plank	20 sec plank 20 Russian twists -each side 20 reverse crunches 20 leg up crunches 20 heel touches (each side) 20 windshield wipers 20 single leg drops-each side 20 sec plank	20 side lunges 45 sec wall sit 20 glute kick back-each leg 45 sec wall sit 20 squats 45 sec wall sit 20glute bridges 45 sec wall sit 20 sumo squats 45 sec wall sit 20 donkey kicks (each side) 45 sec wall sit