March Wellness Challenge

10 JUMPING JACKS 5 SIT-UPS 5 LUNGES (per leg) 10 PLANK JACKS	2 5 BURPEES 15 SECOND PLANK 5 SQUATS 5 PUSHUPS	3 1 MIN. JUMP ROPE 10 20 PLANK TAPS 20 SEC. WALL SIT 20 ARM CIRCLES - (10 each direction)	REST Make a Fruit Smoothie	5 15 JUMPING JACKS 7 SIT-UPS 7 LUNGES (per leg) 12 PLANK JACKS	6 7 BURPEES 20 SECOND PLANK 7 SQUATS 6 PUSHUPS	7 1 MIN. JUMP ROPE 16 PLANK TAPS 25 SEC. WALL SIT 20 ARM CIRCLES - (10 each direction
REST Go for a walk with a family member.	9 20 JUMPING JACKS 9 SIT-UPS 9 LUNGES (per leg) 14 PLANK JACKS	9 BURPEES 25 SECOND PLANK 9 SQUATS 7 PUSHUPS	11 1 MIN. JUMP ROPE 20 PLANK TAPS 30 SEC. WALL SIT 30 ARM CIRCLES - (15 each direction)	REST Listen to music or sing a song.	13 25 JUMPING JACKS 11 SIT-UPS 11 LUNGES (per leg) 16 PLANK JACKS	14 11 BURPEES 30 SECOND PLANK 11 SQUATS 8 PUSHUPS
90 SEC. JUMP ROPE 24 PLANK TAPS 35 SEC. WALL SIT 30 ARM CIRCLES - (15 each direction)	REST Write a letter to a friend or relative.	17 30 JUMPING JACKS 13 SIT-UPS 13 LUNGES (per leg) 18 PLANK JACKS	18 13 BURPEES 35 SECOND PLANK 13 SQUATS 9 PUSHUPS	19 90 SEC. JUMP ROPE 28 20 PLANK TAPS 40 SEC. WALL SIT 40 ARM CIRCLES (20 each direction)	REST Draw a picture or read a book.	21 35 JUMPING JACKS 15 SIT-UPS 15 LUNGES (per leg) 20 PLANK JACKS
15 BURPEE 40 SECOND PL 15 SQUATS 10 PUSHUP	23 C. JUMP ROPE APS SIT	REST Sit quietly for one moute and listen to eathing.	25 40 JUMPING JACKS 17 SIT-UPS 17 LUNGES (per leg) 22 PLANK JACKS	26 17 BURPEES 45 SECOND PLANK 17 SQUATS 11 PUSHUPS	27 2 MIN. JUMP ROPE 36 20 PLANK TAPS 50 SEC. WALL SIT 50 ARM CIRCLES - (25 each direction)	REST Hug someone you love.
20 SIT-UPS 20 LUNGES (per leg) 25 PLANK JACKS 12 TOSHUPS 50 ARM CIRCLES		2 MIN JMP ROPE ANK TAPS I WALL SIT 50 ARM CIRCLES - (25 each direction)	Lucky Leprechaun's MARCH Fitness Challenge!			

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Total Days Competed: _____