

March Wellness Challenge

1 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)	4  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)
8  REST Go for a walk with a family member.	9 20 JUMPING JACKS 9 SIT-UPS 9 LUNGES (per leg) 14 PLANK JACKS	10 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)	12  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
15 90 SEC. JUMP ROPE 24 PLANK TAPS 35 SEC. WALL SIT 30 ARM CIRCLES - (15 each direction)	16  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)	20  REST Draw a picture or read a book.	21 35 JUMPING JACKS 15 SIT-UPS 15 LUNGES (per leg) 20 PLANK JACKS
22 15 BURPEES 40 SECOND PLANK 15 SQUATS 10 PUSHUPS	23  1 MIN. JUMP ROPE 20 PLANK TAPS 20 SEC. WALL SIT 20 ARM CIRCLES - (10 each direction)	24  REST Sit quietly for one minute and listen to breathing.	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)	28  REST Hug someone you love.
29 50 JUMPING JACKS 20 SIT-UPS 20 LUNGES (per leg) 25 PLANK JACKS	30  2 MIN. JUMP ROPE 20 PLANK TAPS 20 SEC. WALL SIT 20 ARM CIRCLES - (10 each direction)	31 2 MIN. JUMP ROPE 20 PLANK TAPS 20 SEC. WALL SIT 20 ARM CIRCLES - (25 each direction)				