

MARCH MADNESS CHALLENGE

1 1 Burpee 5 Push-Ups 10 Squats 30 Sec Plank	2 1 Burpee 5 Push-Ups 10 Squats 30 Sec Plank	3 1 Burpee 5 Push-Ups 10 Squats 30 Sec Plank	4 1 Burpee 5 Push-Ups 10 Squats 30 Sec Plank	5 REST	6 3 Burpees 13 Push-Ups 13 Squats 30 Sec Plank	7 3 Burpees 13 Push-Ups 13 Squats 30 Sec Plank
8 3 Burpees 13 Push-Ups 13 Squats 30 Sec Plank	9 3 Burpees 13 Push-Ups 13 Squats 30 Sec Plank	10 REST	11 5 Burpees 15 Push-Ups 15 Squats 30 Sec Plank	12 5 Burpees 15 Push-Ups 15 Squats 30 Sec Plank	13 5 Burpees 15 Push-Ups 15 Squats 30 Sec Plank	14 5 Burpees 15 Push-Ups 15 Squats 30 Sec Plank
15 REST	16 7 Burpees 18 Push-Ups 18 Squats 30 Sec Plank	17 7 Burpees 18 Push-Ups 18 Squats 30 Sec Plank	18 7 Burpees 18 Push-Ups 18 Squats 30 Sec Plank	19 7 Burpees 18 Push-Ups 18 Squats 30 Sec Plank	20 REST	21 8 Burpees 19 Push-Ups 19 Squats 30 Sec Plank
22 8 Burpees 19 Push-Ups 19 Squats 30 Sec Plank	23 8 Burpees 19 Push-Ups 19 Squats 30 Sec Plank	24 8 Burpees 19 Push-Ups 19 Squats 30 Sec Plank	25 8 Burpees 19 Push-Ups 19 Squats 30 Sec Plank	26 REST	27 9 Burpees 20 Push-Ups 20 Squats 30 Sec Plank	28 9 Burpees 20 Push-Ups 20 Squats 30 Sec Plank
29 10 Burpees 20 Push-Ups 20 Squats 30 Sec Plank	30 11 Burpees 21 Push-Ups 21 Squats 30 Sec Plank	31 12 Burpees 22 Push-Ups 22 Squats 30 Sec Plank	<p style="text-align: center;"> <i>Debby Schiffer, Targeting Wellness in the Workplace</i> <i>JIF Wellness Director</i> <i>Email: debby_schiffer@targetingwellness.com</i> <i>Always check with your doctor before starting a new exercise and</i> <i>always listen to your body!</i> </p>			