



# MARCH

## MARCH SHENANIGAINS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Air Squats Hip Thrusts Tuck Jumps Burpees	<b>2</b> 1/4 Mile Jog Step Ups (1min) Side Planks (30s)	<b>3</b> Spiderman Crunch Supermans Jackknife Sit-Ups Flutter Kicks	<b>4</b> 1/4 Mile Jog Step Ups (1min) Side Planks (30s)	<b>5</b> Air Squats Hip Thrusts Tuck Jumps Burpees
<b>8</b> Squat Jumps Pulse Squats Bear Crawls (30s) Mt. Climbers (30s)	<b>9</b> Plank (30s) 5 Pushups Shoulder Taps	<b>10</b> 1/4 Mile Run Bear Crawls (30s) Jumping Jacks (30s)	<b>11</b> Plank (30s) 5 Pushups Shoulder Taps	<b>12</b> Squat Jumps Pulse Squats Bear Crawls (30s) Mt. Climbers (30s)
<b>15</b> Air Squats Hip Thrusts Tuck Jumps Burpees	<b>16</b> 1/4 Mile Jog Step Ups (1min) Side Planks (45s)	<b>17</b> Spiderman Crunch Supermans Jackknife Sit-Ups Flutter Kicks	<b>18</b> 1/4 Mile Jog Step Ups (1min) Side Planks (45s)	<b>19</b> Air Squats Hip Thrusts Tuck Jumps Burpees
<b>22</b> Squat Jumps Pulse Squats Bear Crawls (45s) Mt. Climbers (1min)	<b>23</b> Plank (45s) 8 Pushups Shoulder Taps	<b>24</b> 1/2 Mile Run Bear Crawls (45s) Jumping Jacks (45s)	<b>25</b> Plank (45s) 8 Pushups Shoulder Taps	<b>26</b> Squat Jumps Pulse Squats Bear Crawls (45s) Mt. Climbers (1min)
<b>29</b> Air Squats Hip Thrusts Tuck Jumps Burpees	<b>30</b> 1/2 Mile Jog Step Ups (2min) Side Planks (1min)	<b>31</b> Spiderman Crunch Supermans Jackknife Sit-Ups Flutter Kicks		

On weekends, make sure to actively rest by performing light exercises that stimulate the recovery process such as swimming, walking, or cycling.

Aim for 3 sets of 10 repetitions for each movement unless otherwise stated. Utilize the internet to look up movements and their proper forms to avoid injury.