

MARCH Fitness Challenge!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 5 BURPEES 15 SECOND PLANK 10 SQUATS 5 PUSHUPS	2 10 JUMPING JACKS 10 SIT-UPS 10 LUNGES (per leg) 10 PLANK JACKS	3 5 BURPEES 20 SECOND PLANK 12 SQUATS 6 PUSHUPS	4 1 MIN. JUMP ROPE 15 PLANK TOUCHES 25 SEC. WALL SIT 20 ARM CIRCLES - (10 each direction)	5 REST  Go for a walk with a family member.	6 15 JUMPING JACKS 12 SIT-UPS 15 LUNGES (per leg) 14 PLANK JACKS	7 11 BURPEES 25 SECOND PLANK 14 SQUATS 7 PUSHUPS
8 1 MIN. JUMP ROPE 20 PLANK TOUCHES 30 SEC. WALL SIT 30 ARM CIRCLES - (15 each direction)	9 REST  Listen to music or sing a song.	10 20 JUMPING JACKS 16 SIT-UPS 22 LUNGES (per leg) 16 PLANK JACKS	11 10 BURPEES 30 SECOND PLANK 16 SQUATS 8 PUSHUPS	12 90 SEC. JUMP ROPE 20 PLANK TOUCHES 35 SEC. WALL SIT 30 ARM CIRCLES - (15 each direction)	13 REST  Write a letter to a friend or relative.	14 20 JUMPING JACKS 18 SIT-UPS 24 LUNGES (per leg) 18 PLANK JACKS
15 12 BURPEES 35 SECOND PLANK 18 SQUATS 9 PUSHUPS	16 90 SEC. JUMP ROPE 20 PLANK TOUCHES 40 SEC. WALL SIT 40 ARM CIRCLES (20 each direction)	17 REST  Draw a picture or read a book.	18 25 JUMPING JACKS 20 SIT-UPS 20 LUNGES (per leg) 20 PLANK JACKS	19 20 BURPEES 40 SECOND PLANK 20 SQUATS 10 PUSHUPS	20 90 SEC. JUMP ROPE 20 PLANK TOUCHES 45 SEC. WALL SIT 40 ARM CIRCLES - (20 each direction)	21 REST  Sit quietly for one minute and listen to your breathing.
22 30 JUMPING JACKS 22 SIT-UPS 28 LUNGES (per leg) 22 PLANK JACKS	23 25 BURPEES 45 SECOND PLANK 22 SQUATS 11 PUSHUPS	24 2 MIN. JUMP ROPE 30 PLANK TOUCHES 50 SEC. WALL SIT 50 ARM CIRCLES - (25 each direction)	25 REST  Hug someone you love.	26 30 JUMPING JACKS 24 SIT-UPS 30 LUNGES (per leg) 24 PLANK JACKS	27 25 BURPEES 50 SECOND PLANK 24 SQUATS 12 PUSHUPS	28 2 MIN. JUMP ROPE 30 PLANK TOUCHES 1 MIN. WALL SIT 50 ARM CIRCLES - (25 each direction)
29 30 JUMPING JACKS 24 SIT-UPS 30 LUNGES (per leg) 24 PLANK JACKS	30 25 BURPEES 50 SECOND PLANK 24 SQUATS 12 PUSHUPS	31 2 MIN. JUMP ROPE 30 PLANK TOUCHES 1 MIN. WALL SIT 50 ARM CIRCLES - (25 each direction)				

Student: _____

Grade: _____ Teacher: _____

Total Days Completed: _____

Parent Signature: _____



Lucky Leprechaun's MARCH Fitness Challenge!

Lucky Leprechaun's March Fitness Challenge consists of three different workouts focusing on endurance, upper body, and lower body strength. As the month progresses, the time and number of repetitions for each exercise gradually increases. There is a built-in rest day every fourth day. Each rest day includes an additional challenge.

Each student's fitness level varies. Therefore, the guidelines on the calendar are not set in stone. With help from an adult, each of the exercises and/or repetitions and times can be adapted to appropriately challenge the student. For example, if a student doesn't have a jump rope, he can jump with an "imaginary" jump rope. This will allow him to reap the healthy benefits of continuously jumping for the given amount of time.

Don't forget to turn in your calendar at the end of the month!

Mark each day a workout (including the "rest day" challenge) is completed with a check mark. At the end of the month, students count up the total number of checks, then write that number on the bottom of the calendar where it says, "Total Days Completed." Students complete the rest of the information on the calendar before asking a parent to sign it.

Calendars can be turned into a PE teacher any day after March 31st. All students who take part in *Lucky Leprechaun's March Fitness Challenge* and return their calendar will receive a fitness charm.

Parents are encouraged to help and even participate in the workouts.

Your child may need a little guidance. We encourage parents to assist with form and necessary adaptations based on fitness level. Finally, students get so excited when parents and siblings participate in the challenge with them. What better way to lead by example and promote lifelong fitness!

*All monthly fitness challenges are optional.