**March 2020**

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| **Monday 16** | **Tuesday 17** | **Wednesday 18** | **Thursday 19** | **Friday 20** | **Sat/Sun** |
| **-20 sit ups****-20 mountain climbers****-60 second wall sit****- 15 minute walk** | **Challenge everyone in your home to the “bridge the gap” minute to win in challenge****https://www.youtube.com/watch?time\_continue=15&v=myLret2h5EI&feature=emb\_logo** | **20 minute jog or walk** **Complete 8 minute abs** https://www.youtube.com/watch?v=pNqrkGnkUWc&feature=emb\_logo |  **-50 Jumping Jacks****-5 minutes Jump Rope****-30 sit ups****- 60 Second Plank** | **-30 jumping jacks** **- 10 burpees****- 30 second plank** **- 20 mountain climbers**  | **Run or Walk outdoors for 30 minutes!** |
| **23****- 20 jumping jacks****- 20 lunges (10 each side)****- 1 min Wall sit*****Complete this 3X******20 minute walk or jog*** | **24****-20 minute walk****-Complete Tabata Workout below:****https://pe.st-johnschool.org/wp-content/uploads/sites/31/2020/03/TABATA-Time.docx** | **25****Complete this at home workout:** **https://darebee.com/workouts/everyday-hero-workout.html** | **26****-10 burpees** **- 20 jumping jacks****- 10 jump squats****-20 sit ups*****Complete this 3X*** | **27****Go for a walk of bike ride with a family member**  | **28/29****Run or Walk outdoors for 30 minutes!** |