**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!** |