



March Muscle Madness Fitness Challenge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5 Burpees 5 Sit-ups 5 Mountain Climbers	2 5 Lunges 5 Crab Dips 5 Star Jumps	3 5 Push-ups 5 Jumping Jacks 5 Squats	4 5 Burpees 5 Sit-ups 5 Mountain Climbers	5 5 Lunges 5 Crab Dips 5 Star Jumps
6 Rest	7 10 Push-ups 10 Jumping Jacks 10 Squats	8 10 Burpees 10 Sit-ups 10 Mountain Climbers	9 10 Lunges 10 Crab Dips 10 Star Jumps	10 10 Push-ups 10 Jumping Jacks 10 Squats	11 10 Burpees 10 Sit-ups 10 Mountain Climbers	12 10 Lunges 10 Crab Dips 10 Star Jumps
13 Rest	14 15 Push-ups 15 Jumping Jacks 15 Squats	15 15 Burpees 15 Sit-ups 15 Mountain Climbers	16 15 Lunges 15 Crab Dips 15 Star Jumps	17 15 Push-ups 15 Jumping Jacks 15 Squats	18 15 Burpees 15 Sit-ups 15 Mountain Climbers	19 15 Lunges 15 Crab Dips 15 Star Jumps
20 Rest	21 20 Push-ups 20 Jumping Jacks 20 Squats	22 20 Burpees 20 Sit-ups 20 Mountain Climbers	23 20 Lunges 20 Crab Dips 20 Star Jumps	24 20 Push-ups 20 Jumping Jacks 20 Squats	25 20 Burpees 20 Sit-ups 20 Mountain Climbers	26 20 Lunges 20 Crab Dips 20 Star Jumps
27 Rest	28 25 Push-ups 25 Jumping Jacks 25 Squats	29 25 Burpees 25 Sit-ups 25 Mountain Climbers	30 25 Lunges 25 Crab Dips 25 Star Jumps	31 25 Push-ups 25 Jumping Jacks 25 Squats		

Week 1	Week 2	Week 3	Week 4	Week 5	March Muscle Madness Champion!!
Name _____	Name _____	Name _____	Name _____	Name _____	Name _____
Teacher _____	Teacher _____	Teacher _____	Teacher _____	Teacher _____	Teacher _____
Parent Signature: _____	Parent Signature: _____	Parent Signature: _____	Parent Signature: _____	Parent Signature: _____	Parent Signature: _____



March Muscle Madness Fitness Challenge



Join in the fun of fitness by participating in the March Muscle Madness Fitness Challenge!

Follow the calendar of exercises on the back of the page to complete the challenge. Each week that you complete all of the exercises, cut out the raffle ticket on the bottom of the page, fill out your name, teacher, and have it signed by your parents. Then, turn the ticket in to Mrs. Mulloy on the following Monday to be entered into the raffle prize drawing for that week! There will be 10 raffle winners per week that will be announced on the Tuesday morning news. Students that win can come and claim their prize from Mrs. Mulloy. The final week is Spring Break so the raffle tickets for week 4 and week 5 can be turned in Monday, April 4th for the drawings on Tuesday, April 5th. All students that complete the entire March Muscle Madness Fitness Challenge should bring in the final “Champion” ticket to receive a completion certificate as well as a fitness charm.

“You create your own luck by working for what you want!”

