

# MARCH CHALLENGE

<p><b>Day 1</b></p> <p>IT'S TIME TO MOVE</p> <p>5 rounds of: 5 Burpees 10 Jumping Jacks 20 Bicycle crunches</p>	<p><b>Day 2</b></p> <p>TABATA ROCKS</p> <p>Switch between the two exercises: Superman arch ups Sit ups (anyhow)</p>	<p><b>Day 3</b></p> <p>TEAM TOO FAST TOO FURIOUS</p> <p>As fast as possible, complete: 100 Air squats 100 Lunges 100 Lateral hoop over partner</p>	<p><b>Day 4</b></p> <p>ROCK SOLID</p> <p>5 rounds for quality: 5 Walkouts to push up 10 Leg raises</p>	<p><b>Day 5</b></p> <p><b>REST</b></p>
<p><b>Day 6</b></p> <p>A BLAST FROM BLAZEJ</p> <p>6 rounds of: 10 Dips 20 Mountain climbers 5 Push ups 30 Sec side plank</p>	<p><b>Day 7</b></p> <p>WE'VE GOT YOUR BACK!</p> <p>AMRAP in 6 minutes: 10 Superman arch ups 10 Good mornings 10 Jumping lunges</p>	<p><b>Day 8</b></p> <p>TABATA TIMES 2</p> <p>8 minutes of: Choose one of the following for tabata: bike, row, run, powerwalk. 20-sec work + 10-sec rest until 8 minutes are up.</p>	<p><b>Day 9</b></p> <p>NO JOKE</p> <p>10 rounds for time: 6 Push ups + taps 6 Lungesters* *1 lunge right + 1 lunge left followed by a squat</p>	<p><b>Day 10</b></p> <p>WILL YOU BE MY BUDDY?</p> <p>For 6 minutes, switch between the two of you: Partner 1: 1 round of 5 Burpees 10 Jumping lunges 10 Jumping squat Partner 2: plank in the meantime</p>
<p><b>Day 11</b></p> <p>BUNS OF STEEL</p> <p>5 rounds of: 20 Glute bridges 10 Kneeling step ups (in total)</p>	<p><b>Day 12</b></p> <p>THINNESEN TWIST</p> <p>In 6 minutes do AMRAP of: 20 Russian twists (tap the floor with both hands) 20 Mountain climbers 45 Sec high plank</p>	<p><b>Day 13</b></p> <p><b>REST</b></p>	<p><b>Day 14</b></p> <p>DREAM TEAM</p> <p>Accumulate as many burpees as possible in 5 minutes Only one will work on the burpees at a time. Make a plan with your partner and count your reps together.</p>	<p><b>Day 15</b></p> <p>KICK IT!</p> <p>5 rounds for quality: 12 Back extensions 20 Kneeling heel raises</p>
<p><b>Day 16</b></p> <p>TABATA LOWER BODY</p> <p>Alternate between the two exercises: Air squats Jumping squats</p>	<p><b>Day 17</b></p> <p>STARS &amp; MOUNTAINS</p> <p>5 rounds for quality: 20 Sec side plank rotations right 20 Sec side plank rotations left 20 Mountain climbers</p>	<p><b>Day 18</b></p> <p>TEAM UP AND DOWN</p> <p>Complete with a partner: 50 Burpees 100 Sit ups (choose any variation you like) 50 Burpees Only one is allowed to work at a time. The other one will rest and wait for his turn.</p>	<p><b>Day 19</b></p> <p><b>REST</b></p>	<p><b>Day 20</b></p> <p>TABATA CORE</p> <p>Alternate between the two exercises: Walking plank Bicycle crunches</p>
<p><b>Day 21</b></p> <p>SIT TIGHT</p> <p>5 rounds for quality: 46-60 sec wall sit 10 Tempo push ups (slowly down, explode up)</p>	<p><b>Day 22</b></p> <p>TABATA UPPER BODY</p> <p>Alternate between two exercises: Dips Shoulder taps</p>	<p><b>Day 23</b></p> <p>GUNSHOT</p> <p>7 rounds of: 5 Kneeling step ups right 5 Kneeling step ups left 10 Dead bugs</p>	<p><b>Day 24</b></p> <p>CARDIO MACHINE</p> <p>4 rounds of: 30 Sec high knees 30 Sec heel kicks 30 Sec burpees 30 Sec pause</p>	<p><b>Day 25</b></p> <p>LUNGING AWAY</p> <p>AMRAP in 7 minutes: 10 reverse lunges left 10 reverse lunges right 10 upright rows</p>
<p><b>Day 26</b></p> <p>PUSH IT THROUGH, TEAM</p> <p>You go, I go for 6 minutes of: 20 Mountain climbers 10 Shoulder taps 5 Push ups</p>	<p><b>Day 27</b></p> <p><b>REST</b></p> <p>Maybe take the time to plan your training for the next month and set some goals?</p>	<p><b>Day 28</b></p> <p>AROUND WE GO</p> <p>5 rounds of: 20 Forward lunges 20 Sit ups 10 + 10 Plank rotations</p>	<p><b>Day 29</b></p> <p>TABATA SUPERMAN</p> <p>Switch between the two exercises: Superman arch ups Regular back extensions</p>	<p><b>Day 30</b></p> <p>TEAM PUSH &amp; JUMP</p> <p>AMRAP in 6 minutes: 10 Push ups with a partner high five 10 Jump overs (partner 1) 10 Jump overs (partner 2)</p>

**Day 31**

LET'S GET IT OVER WITH Tabata Burpees: Goal is to hit the same number of burpees in all 8 sets. Go fast and remember: it's only 4 minutes of work in total.

## Explainer

**Tabata** - A 4-minute interval consisting of 8 rounds of 20-second work and 10-second rest.

**Rounds for quality** - Focus more on the quality and tempo of the exercises, rather than doing it fast and uncontrolled.

**AMRAP** - As many rounds as possible in X minutes. But keep this in mind: prioritize good form and correct technique over fastest time or number of rounds.

**Team** - There will be a few workouts that are supposed to be performed in teams of 2. Be creative if you are alone or if you are an unequal number.

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