

# MARCH MADNESS

AT CHF

Week 1:  
10x each exercise

Week 2:  
15x each exercise

Week 3:  
20x each exercise

Week 4:  
25x each exercise

Week 3:  
20x each exercise

Week 2:  
15x each exercise

Week 1:  
10x each exercise

## BURPEES

(2 days/week – one workout from each side)

## HIGH-KNEES

## MT. CLIMBERS

## BUTT-KICKERS

## CRUNCHES

## RUSSIAN TWISTS

## PLANK

## BICYCLE CRUNCH

## SQUATS

## LUNGES

## WALL SIT

## STEP-UPS

## PUSH-UPS

## TRICEP DIPS

## ARM PUNCHES

## TRICEP PUSHDOWN

