

# MARCH FITNESS CHALLENGE



<b>DAY 1</b> <b>Squats: 10</b> <b>Crunches: 5</b> <b>Leg Raises: 5</b> Lunges: 5R 5L <b>Plank: 10sec</b>	<b>DAY 2</b> <b>TEAM TIME</b>	<b>DAY 3</b> <b>Squats: 10</b> <b>Crunches:5</b> <b>Leg Raises: 5</b> Lunges: 5R 5L <b>Plank: 10sec</b>	<b>DAY 4</b> <b>Squats: 15</b> <b>Crunches: 10</b> <b>Leg Raises: 10</b> Lunges: 10R 10L <b>Plank: 15sec</b>	<b>DAY 5</b> <b>TEAM TIME</b>	<b>DAY 6</b> <b>Squats: 15</b> <b>Crunches:10</b> <b>Leg Raises: 10</b> Lunges: 10R 10L <b>Plank: 15sec</b>	<b>DAY 7</b> <b>Squats: 20</b> <b>Crunches: 15</b> <b>Leg Raises: 15</b> Lunges: 15R 15L <b>Plank: 20sec</b>
<b>DAY 8</b> <b>Squats: 25</b> <b>Crunches:20</b> <b>Leg Raises: 20</b> Lunges: 20R 20L <b>Plank: 25sec</b>	<b>DAY 9</b> <b>TEAM TIME</b>	<b>DAY 10</b> <b>Squats: 25</b> <b>Crunches:20</b> <b>Leg Raises: 20</b> Lunges: 20R 20L <b>Plank: 25sec</b>	<b>DAY 11</b> <b>Squats: 30</b> <b>Crunches:25</b> <b>Leg Raises: 25</b> Lunges: 25R 25L <b>Plank: 30sec</b>	<b>DAY 12</b> <b>TEAM TIME</b>	<b>DAY 13</b> <b>Squats: 30</b> <b>Crunches: 25</b> <b>Leg Raises: 25</b> Lunges: 25R 25L <b>Plank: 30sec</b>	<b>DAY 14</b> <b>Squats: 35</b> <b>Crunches: 30</b> <b>Leg Raises: 30</b> Lunges: 30R 30L <b>Plank: 35sec</b>
<b>DAY 15</b> <b>Squats: 40</b> <b>Crunches:35</b> <b>Leg Raises: 35</b> Lunges: 35R 35L <b>Plank: 40sec</b>	<b>DAY 16</b> <b>TEAM TIME</b>	<b>DAY 17</b> <b>Squats: 40</b> <b>Crunches: 35</b> <b>Leg Raises: 35</b> Lunges: 35R 35L <b>Plank: 40sec</b>	<b>DAY 18</b> <b>Squats: 45</b> <b>Crunches:40</b> <b>Leg Raises: 40</b> Lunges: 40R 40L <b>Plank: 45sec</b>	<b>DAY 19</b> <b>TEAM TIME</b>	<b>DAY 20</b> <b>Squats: 45</b> <b>Crunches: 40</b> <b>Leg Raises: 40</b> Lunges: 40R 40L <b>Plank: 45sec</b>	<b>DAY 21</b> <b>Squats: 50</b> <b>Crunches: 45</b> <b>Leg Raises: 45</b> Lunges: 45R 45L <b>Plank: 50sec</b>
<b>DAY 22</b> <b>Squats: 55</b> <b>Crunches: 50</b> <b>Leg Raises: 50</b> Lunges: 50R 50L <b>Plank: 55sec</b>	<b>DAY 23</b> <b>TEAM TIME</b>	<b>DAY 24</b> <b>Squats: 55</b> <b>Crunches: 50</b> <b>Leg Raises: 50</b> Lunges: 50R 50L <b>Plank: 55sec</b>	<b>DAY 25</b> <b>Squats: 60</b> <b>Crunches: 55</b> <b>Leg Raises: 55</b> Lunges: 55R 55L <b>Plank: 60sec</b>	<b>DAY 26</b> <b>TEAM TIME</b>	<b>DAY 27</b> <b>Squats: 65</b> <b>Crunches: 55</b> <b>Leg Raises: 55</b> Lunges: 55R 55L <b>Plank: 60sec</b>	<b>DAY 28</b> <b>Squats: 70</b> <b>Crunches: 60</b> <b>Leg Raises: 60</b> Lunges: 60R 60L <b>Plank: 65sec</b>
<b>DAY 29</b> <b>Squats: 75</b> <b>Crunches: 65</b> <b>Leg Raises: 65</b> Lunges: 65R 65L <b>Plank: 70sec</b>	<b>DAY 30</b> <b>TEAM TIME</b>	<b>DAY 31</b> <b>Squats: 75</b> <b>Crunches: 65</b> <b>Leg Raises: 65</b> Lunges: 65R 65L <b>Plank: 70sec</b>				