

# “March Madness” Calendar

## March/April 2025

| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|--|--|--|--|---|---|---|
| <b>16</b><br>2 push-ups<br>20 sec. plank and/or 20 squats    | <b>17</b><br>2 push-ups<br>20 sec. plank and/or 20 squats    | <b>18</b><br>3 push-ups<br>25 sec. plank and/or 25 squats    | <b>19</b><br>3 push-ups<br>25 sec. plank and/or 25 squats  | <b>20</b><br>4 push-ups<br>30 sec. plank and/or 30 squats   | <b>21</b><br>4 push-ups<br>30 sec. plank and/or 30 squats   | <b>22</b><br>5 push-ups<br>35 sec. plank and/or 35 squats   |
| <b>23</b><br>5 push-ups<br>35 sec. plank and/or 35 squats    | <b>24</b><br>6 push-ups<br>40 sec. plank and/or 40 squats    | <b>25</b><br>6 push-ups<br>40 sec. plank and/or 40 squats    | <b>26</b><br>7 push-ups<br>45 sec. plank and/or 45 squats  | <b>27</b><br>7 push-ups<br>45 sec. plank and/or 45 squats   | <b>28</b><br>8 push-ups<br>50 sec. plank and/or 50 squats   | <b>29</b><br>8 push-ups<br>50 sec. plank and/or 50 squats   |
| <b>30</b><br>9 push-ups<br>55 sec. plank and/or 55 squats    | <b>31</b><br>9 push-ups<br>55 sec. plank and/or 55 squats    | <b>1</b><br>10 push-ups<br>60 sec. plank and/or 60 squats    | <b>2</b><br>10 push-ups<br>60 sec. plank and/or 60 squats  | <b>3</b><br>11 push-ups<br>70 sec. plank and/or 70 squats   | <b>4</b><br>11 push-ups<br>70 sec. plank and/or 70 squats   | <b>5</b><br>12 push-ups<br>80 sec. plank and/or 80 squats   |
| <b>6</b><br>12 push-ups<br>80 sec. plank and/or 80 squats    | <b>7</b><br>13 push-ups<br>90 sec. plank and/or 80 squats    | <b>8</b><br>13 push-ups<br>90 sec. plank and/or 80 squats    | <b>9</b><br>14 push-ups<br>100 sec. plank and/or 90 squats | <b>10</b><br>14 push-ups<br>100 sec. plank and/or 90 squats | <b>11</b><br>15 push-ups<br>110 sec. plank and/or 90 squats | <b>12</b><br>15 push-ups<br>110 sec. plank and/or 90 squats |
| <b>13</b><br>16 push-ups<br>120 sec. plank and/or 100 squats | <b>14</b><br>16 push-ups<br>120 sec. plank and/or 100 squats | <b>15</b><br>20 push-ups<br>120 sec. plank and/or 100 squats | <b>Happy Spring!!</b>                                      |   |   |   |