

“March Madness” Calendar

March/April 2025

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