

# MARCH MANIA

## AT CHF

Week 1: 10x each	Week 2: 15x each	Week 3: 20x each	Week 4: 25x each	Week 5: 25x each	Week 4: 25x each	Week 3: 20x each	Week 2: 15x each	Week 1: 10x each
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### SINGLE-LEG BRIDGE

### GLUE BRIDGE

### BURPEES

### MOUNTAIN CLIMBERS

### PLANK

### RUSSIAN TWISTS

### WALL SITS

### SQUATS

### PUSH-UPS

### ARM PUNCHES

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



### HIGH-KNEES

### BUTT-KICKERS

### SIDE PLANK

### CRUNCHES

### LUNGES

### STEP-UPS

### CHAIR DIPS

### ARM CIRCLES

### BICYCLE CRUNCHES

### BIRD DOG