



# March 2013

### Rules:

- Do each day or you have to double up.
- You can break them up throughout the day.
- For push-ups alternate between feet, knees, hand up, feet up and narrow.
- For sit-ups alternate between crunches, leg extensions, feet straight up and side to sides.
- Mark each day and each exercise.
- Turn in at the end of the month for a prize!!!!

Name: \_\_\_\_\_

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <input type="checkbox"/> 5 push <input type="checkbox"/> 5 sits	2 <input type="checkbox"/> 10 push <input type="checkbox"/> 10 sits
3 <input type="checkbox"/> 15 push <input type="checkbox"/> 15 sits	4 <input type="checkbox"/> 20 push <input type="checkbox"/> 20 sits	5 <input type="checkbox"/> 25 push <input type="checkbox"/> 25 sits	6 <input type="checkbox"/> 30 push <input type="checkbox"/> 30 sits	7 <input type="checkbox"/> 35 push <input type="checkbox"/> 35 sits	8 <input type="checkbox"/> 40 push <input type="checkbox"/> 40 sits	9 <input type="checkbox"/> 45 push <input type="checkbox"/> 45 sits
10 <input type="checkbox"/> 50 push <input type="checkbox"/> 50 sits	11 <input type="checkbox"/> 55 push <input type="checkbox"/> 55 sits	12 <input type="checkbox"/> 60 push <input type="checkbox"/> 60 sits	13 <input type="checkbox"/> 65 push <input type="checkbox"/> 65 sits	14 <input type="checkbox"/> 70 push <input type="checkbox"/> 70 sits	15 <input type="checkbox"/> 75 push <input type="checkbox"/> 75 sits	16 <input type="checkbox"/> 80 push <input type="checkbox"/> 80 sits
17 <input type="checkbox"/> 85 push <input type="checkbox"/> 85 sits	18 <input type="checkbox"/> 90 push <input type="checkbox"/> 90 sits	19 <input type="checkbox"/> 95 push <input type="checkbox"/> 95 sits	20 <input type="checkbox"/> 100 push <input type="checkbox"/> 100 sits	21 <input type="checkbox"/> 105 push <input type="checkbox"/> 105 sits	22 <input type="checkbox"/> 110 push <input type="checkbox"/> 110 sits	23 <input type="checkbox"/> 115 push <input type="checkbox"/> 115 sits
24 <input type="checkbox"/> 120 push <input type="checkbox"/> 120 sits	25 <input type="checkbox"/> 125 push <input type="checkbox"/> 125 sits	26 <input type="checkbox"/> 130 push <input type="checkbox"/> 130 sits	27 <input type="checkbox"/> 135 push <input type="checkbox"/> 135 sits	28 <input type="checkbox"/> 140 push <input type="checkbox"/> 140 sits	29 <input type="checkbox"/> 145 push <input type="checkbox"/> 145 sits	30 <input type="checkbox"/> 150 push <input type="checkbox"/> 150 sits