


































# SPRING FITNESS CHALLENGE

## MARCH 1 - APRIL 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>APRIL 1</b> <b>Arms</b> 	<b>APRIL 2</b> <b>WINNERS CHOSEN!</b> 		<b>TIP OFF IS TOMORROW!</b> 	<b>1</b> <b>Total Cardio or Swim</b> 	<b>2</b> <b>Pull Exercises</b> 	<b>3</b> <b>Arms</b> 
<b>4</b> <b>Stretch!</b> 	<b>5</b> <b>Group Class</b> 	<b>6</b> Push Exercises   <b>BONUS +3 ATTEND PRESENTATION</b>	<b>7</b> <b>Leg Day</b> 	<b>8</b> Rest Day <b>Stretch!</b> <b>BONUS +2 Y WALKING TRAIL</b> 	<b>9</b> 300 Rep Challenge 	<b>10</b> <b>Group Class</b> 
<b>11</b> <b>Total Cardio or Swim</b> 	<b>12</b> <b>Pull Exercises</b> 	<b>13</b> Push Exercises   <b>BONUS +3 ATTEND PRESENTATION</b>	<b>14</b> Rest Day <b>Stretch!</b> <b>BONUS +2 Y WALKING TRAIL</b> 	<b>15</b> <b>Leg Day</b> 	<b>16</b> 300 Rep Challenge 	<b>17</b> <b>Arms</b> 
<b>18</b> <b>Push Exercises</b> 	<b>19</b> <b>Leg Day</b> 	<b>20</b> Total Cardio or Swim   <b>BONUS +3 ATTEND PRESENTATION</b>	<b>21</b> <b>Pull Exercises</b> 	<b>22</b> <b>Group Class</b> 	<b>23</b> 300 Rep Challenge 	<b>24</b> <b>Rest Day</b> <b>Stretch!</b> <b>BONUS +2 Y WALKING TRAIL</b> 
<b>25</b> <b>Leg Day</b> 	<b>26</b> <b>Total Cardio or Swim</b> 	<b>27</b> Rest Day <b>Stretch!</b> <b>BONUS +3 ATTEND PRESENTATION BONUS +2 Y WALKING TRAIL</b> 	<b>28</b> <b>Pull Exercises</b> 	<b>29</b> <b>Push Exercises</b> 	<b>30</b> 300 Rep Challenge 	<b>31</b> <b>Group Class</b> 



# FITNESS CHALLENGE EXERCISE IDEAS (You may also add your own exercises)

## Pull Exercises

- Bent Over Row
- Pull-Ups
- Straight Bar Row
- Single Arm DB Row
- Lat Pulldown
- TRX Rows
- Rear Delt Flys
- Stretch Band Rows

## Push Exercises

- Chest Press
- DB Chest Press
- Flys
- Push Ups
- TRX Presses
- Cable Flys
- Incline Press
- Decline Press

## Leg Exercises

- Squats
- Deadlifts
- Leg Extensions
- Leg Curls
- Glute Kickback
- Leg Press
- Bodyweight Squats
- Lunges
- Goblet Squats
- Calf Raises

## Arm Exercises

- Tricep Extensions
- Bicep Curls
- Lateral Raises
- Shoulder Press
- Tricep Kickbacks
- Front Raises
- Dips
- Cable Pushdown
- Stretch Band Curl

## 300 Rep Challenge 3 BONUS POINTS! (10 Reps x 3 Sets)

- 10 Burpees
- 10 Reverse Crunches
- 10 Squat Jumps
- 10 Push Ups (reg or knee)
- 10 Jumping Jacks
- 10 Leg Raises
- 10 Tuck Jumps
- 10 Mtn. Climbers (both legs=1 rep)
- 10 Oblique Rotations
- 10 Burpees



## BONUS OPPORTUNITIES: AS EASY AS...3, 2, 1!

### TUESDAY EVENING PROGRAMS @ 6PM:

#### 3 BONUS POINTS

- Tuesday, March 6  
*Fueling Today's Young Athlete*
- Tuesday, March 13  
*Hidden In Plain Sight: Drug Awareness*
- Tuesday, March 20  
*Substance Abuse Among Teens*
- Tuesday, March 27  
*Training Today's Young Athlete*

### Y WALKING

### TRAIL DAYS:

#### 2 BONUS POINTS

- Thursday, March 8
- Wednesday, March 14
- Saturday, March 24
- Tuesday, March 27

### MARCH RECIPE DAYS: 1 BONUS POINT

Bring a copy of a HEALTHY recipe to an associate in the Health & Fitness Center. We may even post it! Maximum of 2 recipes per date.

- March 1- Peanut Butter Day  
*snack made with peanut butter*
- March 7 – National Cereal Day  
*healthy cereal combination*
- March 14 – National Pi Day – *healthy pizza pie*
- March 17 – Saint Patrick's Day – *fun, healthy green recipe*
- March 19 – Poultry Day – *chicken or turkey recipe*
- March 20 – Tea for Tuesday – *tea beverage*
- March 23 – National Chip & Dip Day  
*healthy take on chips and dip*

