

MARCH BRACKET FITNESS PLAN

Each matchup features 2 exercises. Complete both for 5 sets of 10 reps and decide which one moves on. Turn in at the beginning of April to get credit!

Goal: Keep advancing each round until you crown your ultimate favorite!

Leg Exercises

- Wide Squats
- Forward Lunges
- Jump Squats
- Reverse Lunges
- Step-Ups
- Wall Sit
- Plie Squats
- Box Jumps
- Glute Bridge
- Bul. Split Squat
- Curtsy Lunge
- SL Calf Raises
- Sit-to-Stand Jumps
- Side Leg Lifts
- SL Deadlift
- Ski Squats

Abs & Cardio Exercises

- Jump Rope
- Mt. Climbers
- High Knees
- Burpees
- Plank Jacks
- Bicycle Crunches
- Leg Lifts
- Russian Twists
- Jumping Jacks
- Speed Skaters
- Sit-ups
- Toe Touch Crunch
- Plank Dips
- Front/Back Jumps
- Dead Bugs
- Wipers

Favorite Exercise

Chest & Tricep Exercises

- Push-Ups
- Tricep Dips
- DB Chest Press
- DB Chest Fly
- Overhead Tricep Ext.
- Bench Press
- DB Tricep Kickback
- Incline DB Press
- Close-Grip DB Press
- DB Pullovers
- Up/Down Planks
- Skull Crushers
- Diamond Pushups
- Plank Rotations
- Cable Crossovers
- Cable Pushdown

Back & Bicep Exercises

- Bent Over Rows
- Bicep Curls
- Reverse Flys
- Hammer Curls
- Renegade Rows
- Supermans
- Pull-Ups
- Lat Pulldown
- Band Pull-Aparts
- Y-T-I Raises
- Single Arm Rows
- Deadlift
- Back Extension
- Reverse Curls
- Chin-Ups
- Upright Row

Member Name: _____