

MARCH 2017

SUNDAY

MON

TUES

WED

THURS

FRI

SAT

			<p>30 MINS 1 BACK + BICEPS ----- STRENGTH TRAINING</p>	<p>2 1000 CALORIE WORKOUT</p>	<p>30 MINS 3 CHEST + TRICEPS ----- STRENGTH TRAINING</p>	<p>4 PLAY A GAME OF FRISBEE AT THE PARK</p>
<p>5 REST</p>	<p>30 MINS 6 LEGS! STRENGTH TRAINING</p>	<p>7 SPRINT TRAINING</p>	<p>30 MINS 8 ABS + SHOULDERS ----- STRENGTH TRAINING</p>	<p>9 REVERSE PYRAMID WORKOUT</p>	<p>30 MINS 10 BACK + BICEPS ----- STRENGTH TRAINING</p>	<p>11 PLAY A GAME OF TENNIS</p>
<p>12 REST</p>	<p>30 MINS 13 CHEST + TRICEPS ----- STRENGTH TRAINING</p>	<p>14 THE POWER 100</p>	<p>30 MINS 15 LEGS! STRENGTH TRAINING</p>	<p>16 20 MINS AMRAP</p>	<p>30 MINS 17 ABS + SHOULDERS ----- STRENGTH TRAINING</p>	<p>18 GO FLY A KITE</p>
<p>19 REST</p>	<p>30 MINS 20 BACK + BICEPS ----- STRENGTH TRAINING</p>	<p>21 20 MINS JUMP HIIT WORKOUT</p>	<p>30 MINS 22 CHEST + TRICEPS ----- STRENGTH TRAINING</p>	<p>23 IT'S TIME TO PLAY WORKOUT</p>	<p>30 MINS 24 LEGS! STRENGTH TRAINING</p>	<p>25 GO FOR A FAMILY HIKE</p>
<p>26 REST</p>	<p>30 MINS 27 ABS + SHOULDERS ----- STRENGTH TRAINING</p>	<p>28 12 MINS TABATA</p>	<p>30 MINS 29 BACK + BICEPS ----- STRENGTH TRAINING</p>	<p>30 HIIT THE TRACK WORKOUT</p>	<p>30 MINS 31 CHEST + TRICEPS ----- STRENGTH TRAINING</p>	<p>MAYBE I WILL <small>POSITIVE / FIT / HEALTHY</small></p>