March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 **Wall Ball**	**3** Burpees 3 x 15 Squats 3 x 15 Squat Jumps x 15 Push Ups 3 x 15 30yd Sprints x 15	**4** **Wall Ball**	**5** Push Ups x 3 x 15 Crunches 3 x 20 Walking Lunges 3 x 10 Squat Jumps 2 x 10 10 yd Sprints x 15	**6** **Wall Ball**	**7** Burpees 3 x 15 Push Ups 3 x 15 Crunches 3 x 25 Squats x 3 x 15 Suicide Runs x 3	**8** **Wall Ball**
9 **Wall Ball**	**10** Burpees 3 x 15 Push Ups 3 x 15 Crunches 3 x 25 Squats x 3 x 15 Suicide Runs x 3	**11** **Wall Ball**	**12** Jump Rope 2 x 1 minute Burpees 3 x 20 Crunches 3 x 25 Squats 3 x 15 10yd Sprints x 15	**13** **Wall Ball**	**14** Jump Rope 3 x 1 minute Push Ups 3 x 20 Crunches 3 x 25 Squats 3 x 15 Russian Twists with Stick 2 x 10 30yd Sprints x 15	**15** **Wall Ball**
16 **Wall Ball**	**17** Jump Rope 3 x 1 minute Push Ups 3 x 20 Crunches 3 x 25 Squats 3 x 15 Russian Twists with Stick 2 x 10 10 yd Sprints x 15	**18** **Wall Ball**	**19** Burpees 3 x 15 Squats 3 x 15 Squat Jumps 2 x 20 Crunches 3 x 25 Walking Lunges 3 x 10 Suicide Runs x 3	**20** **Wall Ball**	**21** Jump Rope 3 x 1 minute Push Ups 4 x 15 Russian Twists w/ stick 3 x 15 Crunches 4 x 15 Squat Jumps 3 x 15 20yd Sprints x 15	**22** **Wall Ball**
23 **Wall Ball**	**24** Jump Rope 3 x 1 minute Push Ups 4 x 15 Russian Twists w/ stick 3 x 15 Crunches 4 x 15 Squat Jumps 3 x 15 20yd Sprints x 15	**25** **Wall Ball**	**26** Burpees 4 x 10 Body Squats 4 x 10 Walking Lunges 4 x 10 Crunches 4 x 10 1/2 gassers x 6	**27** **Wall Ball**	**28** Jump Rope 4 x 1 minute Squats 4 x 10 Squat Jumps 4 x 10 Push Ups 4 x 15 10yd Sprints x 20	**29** **Wall Ball**
30 **Wall Ball**	**31** Jump Rope x 4 x 1 minute Squats 4 x 10 Squat Jumps 4 x 10 Push Ups 4 x 15 10yd Sprints x 20					