

MARCH EXERCISE MANIA

LEG EXERCISES

- Squats
- Walking Lunges
- Step Ups
- Sumo Squats
- Hamstring Curls
- Leg Extensions
- Weighted Bridges
- Goblet Squats
- Romanian Deadlift
- Lateral Lunges
- Banded Lateral Walk
- Calf Raise
- Banded or Machine Kick Backs
- Reverse Lunge
- Curtsy Lunge
- Bulgarian Split Squat

ABS, CARDIO EXERCISES

- Kettlebell Side Crunch
- Burpees
- Box Jumps
- Sit Ups
- Jumping Jacks
- Bicycle Crunches
- Jump Squats
- Mountain Climbers
- Split Jumps
- Jumping Planks
- Inchworm Plan walks
- Star Jumps
- Jump Rope
- Russian Twists
- Lateral Plank walks
- Flutter Kicks

FAVORITE EXERCISE



CHEST & TRICEPS EXERCISES

- Push Ups
- Cable Chest Fly
- Tricep Extension with Ropes
- Tricep Kickbacks
- Narrow Dumbbell Chest Press
- Wide Grip Chest Press
- Overhead Triceps Extension
- Supinated Grip Tricep Extension w/ Straight Bar
- Dumbbell Chest Press
- Triangle Push Ups
- Skull Crushers
- Medicine Ball Chest Throw
- Tricep Dips
- Dumbbell Chest Fly
- Decline Chest Press
- Incline Chest Press

BACK & BICEPS EXERCISES

- Single Arm Rows
- Pull Ups
- Hammer Curls
- Reverse Flyes
- Pronated Grip Lat Pull Down
- Wide Grip Row
- Close Grip Pull Down
- Dumbbell Pull Over
- Supermans
- Concentrated Curls
- Bicep Curls on the cables w/ the Rope
- Bent Over Row (bands or bar)
- Back Extension
- Incline Dumbbell Row
- Incline Dumbbell Hammer Curl
- Smith Machine Drag Curl