

MOVE YOUR BODY MARCH

Use the daily
theme to
inspire your
workout.

1. **Booty Lift**
2. **Core Control**
3. **Sumo Saturday**
4. **Join In with Jacks**
5. **Mountain Climber Monday**
6. **Walk the Plank**
7. **Shuffle It Up**
8. **Tricep Training**
9. **Squat Like It's Hot**
10. **Dance Like No One is Watching**
11. **Sunday Stretch-a-Thon**
12. **Happy Hammies**
13. **Show Off Your Shoulders**
14. **Lunge Like You Love It**
15. **Back Attack**
16. **Flexible Friday**
17. **Kick It Up a Notch**
18. **Push-Up Party**
19. **You Make Me Breathless**
20. **Tummy Tightening Tuesday**
21. **Balance Challenge**
22. **Burpee Blowout**
23. **Squat, Drop & Roll**
24. **Bring on the Biceps**
25. **Own Your Obliques**
26. **Legs for Days**
27. **Box 'n Burn**
28. **Army of Abs**
29. **Yogi Me Fit**
30. **Race to the Finish**
31. **Total Body Breakdown**