

# ELEVATE YOUR ENDURANCE

## MARCH CHALLENGE

Complete this 30 day challenge to take things up a notch and elevate your endurance!  
Check into our group each day after your exercises for more accountability.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
10 high knees 10 butt kicks 10 mountain climbers	10 soccer kicks 5 plank jacks 5 switching lunge jumps	10 jumping jacks 5 burpees 30 seconds fast feet	10 skater jumps 5 squat jumps 30 seconds jump rope	10 lateral jumps 10 skip in place 30 seconds side shuffle
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
15 high knees 15 butt kicks 10 mountain climbers	15 soccer kicks 8 plank jacks 8 switching lunge jumps	15 jumping jacks 5 burpees 30 seconds fast feet	12 skater jumps 5 squat jumps 30 seconds jump rope	10 lateral jumps 15 skip in place 30 seconds side shuffle
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
20 high knees 20 butt kicks 15 mountain climbers	20 soccer kicks 8 plank jacks 8 switching lunge jumps	20 jumping jacks 8 burpees 45 seconds fast feet	15 skater jumps 8 squat jumps 45 seconds jump rope	12 lateral jumps 15 skip in place 45 seconds side shuffle
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
25 high knees 25 butt kicks 15 mountain climbers	25 soccer kicks 10 plank jacks 10 switching lunge jumps	25 jumping jacks 8 burpees 45 seconds fast feet	15 skater jumps 8 squat jumps 45 seconds jump rope	12 lateral jumps 20 skip in place 45 seconds side shuffle
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
30 high knees 30 butt kicks 20 mountain climbers	30 soccer kicks 12 plank jacks 10 switching lunge jumps	25 jumping jacks 10 burpees 60 seconds fast feet	20 skater jumps 10 squat jumps 60 seconds jump rope	15 lateral jumps 20 skip in place 60 seconds side shuffle
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
35 high knees 35 butt kicks 25 mountain climbers	35 soccer kicks 15 plank jacks 10 switching lunge jumps	30 jumping jacks 10 burpees 60 seconds fast feet	20 skater jumps 10 squat jumps 60 seconds jump rope	20 lateral jumps 20 skip in place 60 seconds side shuffle