



# MARCH MADNESS FITNESS CHALLENGE



Round of 32: March 13-19

Sweet 16: March 20-26

Elite 8: March 27-April 2

Final 4 & Championship: April 3-9

Round of 32

Sweet 16

Elite 8

Final 4

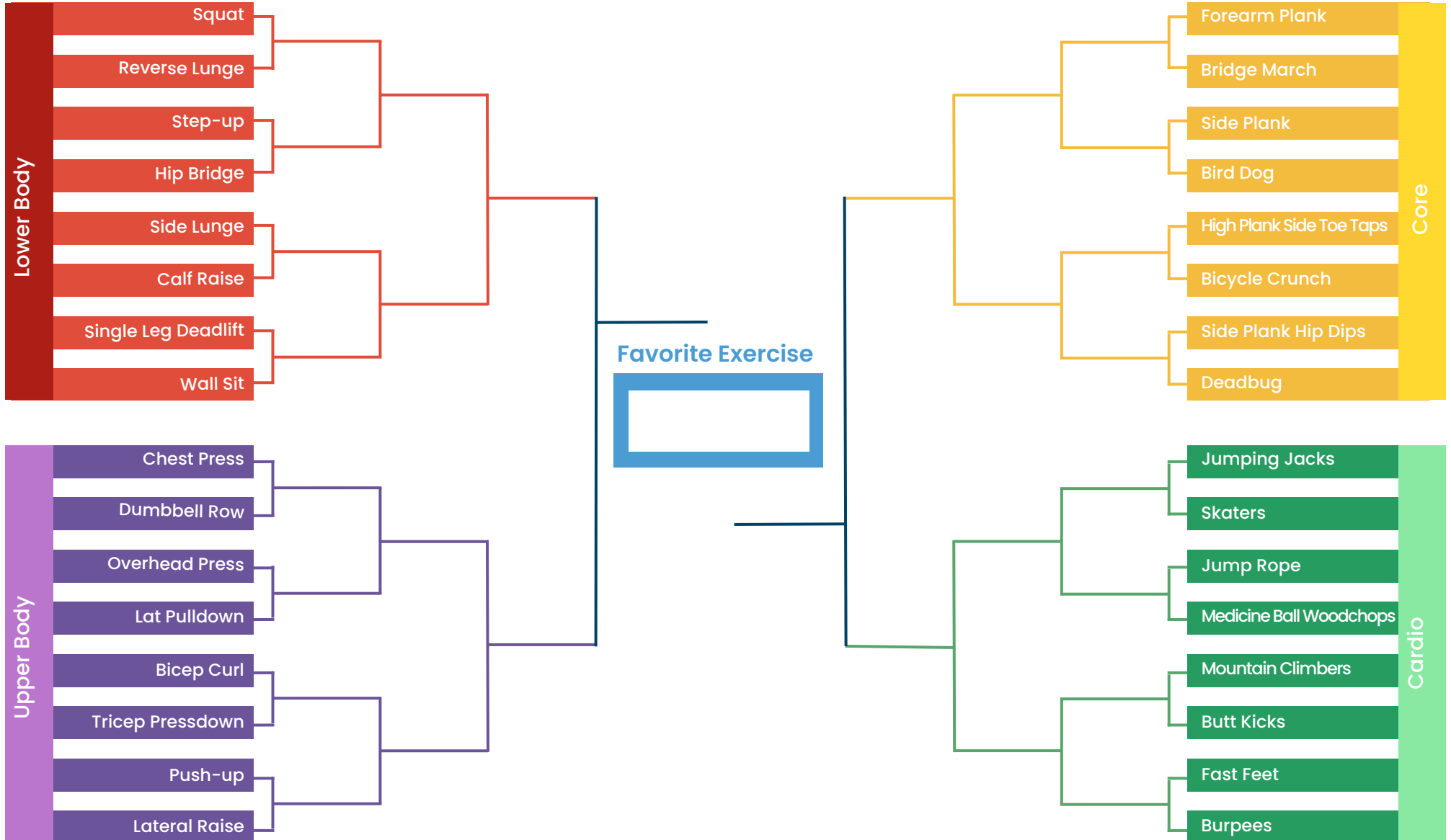
Championship

Final 4

Elite 8

Sweet 16

Round of 32



Core

Cardio

Favorite Exercise



Exercise Duration | 30 sec 30 sec 45 sec 60 sec 60 sec 60 sec 45 sec 30 sec 30 sec | Exercise Duration



# MARCH MADNESS FITNESS CHALLENGE



Don't just sit and watch March Madness this year. Get involved in a little exercise fun! This month, it all comes down to your favorite exercise. You will have one week to complete each "round" of exercises. After completing each round, choose which exercise will move on to the next round. You might choose your favorite exercise, or maybe the exercise you "need" to do most! As the number of exercises decreases, the number of sets and duration of each round will increase.

## Round of 32 (March 13-19):

Complete 1 set of each exercise for 30 seconds each

For this round, it's recommended to spread out the exercises over the course of the week. Example: Monday complete all lower body exercises, Tuesday complete upper body, Thursday core, and Friday Cardio.

## Sweet 16 (March 20-26):

Complete 2 sets of each pair of exercises for 30 seconds each

## Elite 8 (March 27-April 2):

Complete 2-3 sets of each pair of exercises for 45 seconds each

## Final 4 and Championship (April 3-9)

Complete 2-3 sets of each pair of exercises for 60 seconds each

Once completed fill in which exercise you have chosen as your "**favorite**". When you make it to the end, turn in your completed bracket to the fitness desk by **April 12th** to be entered in a drawing for prizes!