

# March

## Fitness Calendar



Visit [www.thegetmovincrew.com/blog](http://www.thegetmovincrew.com/blog) for full workouts that the whole family can do!

SUN	MON	TUE	WED	THU	FRI	SAT	
R		1 20 min Cardio	2 20 min Cardio 20 min Arms	3 Rest	4 Beginner Strength Training	5 Outdoor* Hike!	
	6	7 Beginner Strength Training	8 30 min Cardio	9 Rest	10 20 min Cardio 20 min Abs	11 Yoga for Flexibility	12 Outdoor* Bike Ride!
E	13	14 40 min Cardio	15 Beginner Strength Training	16 30 min Cardio 20 min Legs	17 Rest	18 Yoga for Flexibility	19 Outdoor* Jog!
	20	21 Beginner Strength Training	22 45 min Cardio	23 Rest	24 35 min Cardio 25 min Arms	25 Yoga for Core Strength	26 Outdoor* Rec. Sports!
T	27	28 35 min Cardio 25 min Abs	29 60 min Cardio	30 Yoga for Core Strength	31 Rest & Celebrate!	* Weather Permitting	