

# Get Moving March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 15s plank 10 donkey kicks 10 ceiling stompers 5 arm dips
2 rest (or push it!)	3 20s plank 15 donkey kicks 15 ceiling stompers 5 arm dips	4 20s plank 15 donkey kicks 15 ceiling stompers 10 arm dips	5 25s plank 20 donkey kicks 20 ceiling stompers 10 arm dips	6 25s plank 20 donkey kicks 20 ceiling stompers 10 arm dips	7 30s plank 25 donkey kicks 25 ceiling stompers 15 arm dips	8 30s plank 25 donkey kicks 25 ceiling stompers 15 arm dips
9 rest (or push it!)	10 35s plank 30 donkey kicks 30 ceiling stompers 15 arm dips	11 35s plank 30 donkey kicks 30 ceiling stompers 20 arm dips	12 40s plank 35 donkey kicks 35 ceiling stompers 20 arm dips	13 45s plank 35 donkey kicks 35 ceiling stompers 20 arm dips	14 45s plank 40 donkey kicks 40 ceiling stompers 25 arm dips	15 50s plank 40 donkey kicks 40 ceiling stompers 25 arm dips
16 rest (or push it!)	17 50s plank 50 donkey kicks 50 ceiling stompers 25 arm dips	18 55s plank 50 donkey kicks 50 ceiling stompers 30 arm dips	19 55s plank 55 donkey kicks 55 ceiling stompers 30 arm dips	20 60s plank 55 donkey kicks 55 ceiling stompers 30 arm dips	21 60s plank 60 donkey kicks 60 ceiling stompers 35 arm dips	22 70s plank 60 donkey kicks 60 ceiling stompers 35 arm dips
23 rest (or push it!)	24 70s plank 65 donkey kicks 65 ceiling stompers 35 arm dips	25 90s plank 65 donkey kicks 65 ceiling stompers 40 arm dips	26 90s plank 70 donkey kicks 70 ceiling stompers 40 arm dips	27 100s plank 70 donkey kicks 70 ceiling stompers 40 arm dips	28 100s plank 75 donkey kicks 75 ceiling stompers 45 arm dips	29 120s plank 75 donkey kicks 75 ceiling stompers 45 arm dips
30 rest (or push it!)	31 120s plank 75 donkey kicks 75 ceiling stompers 45 arm dips					