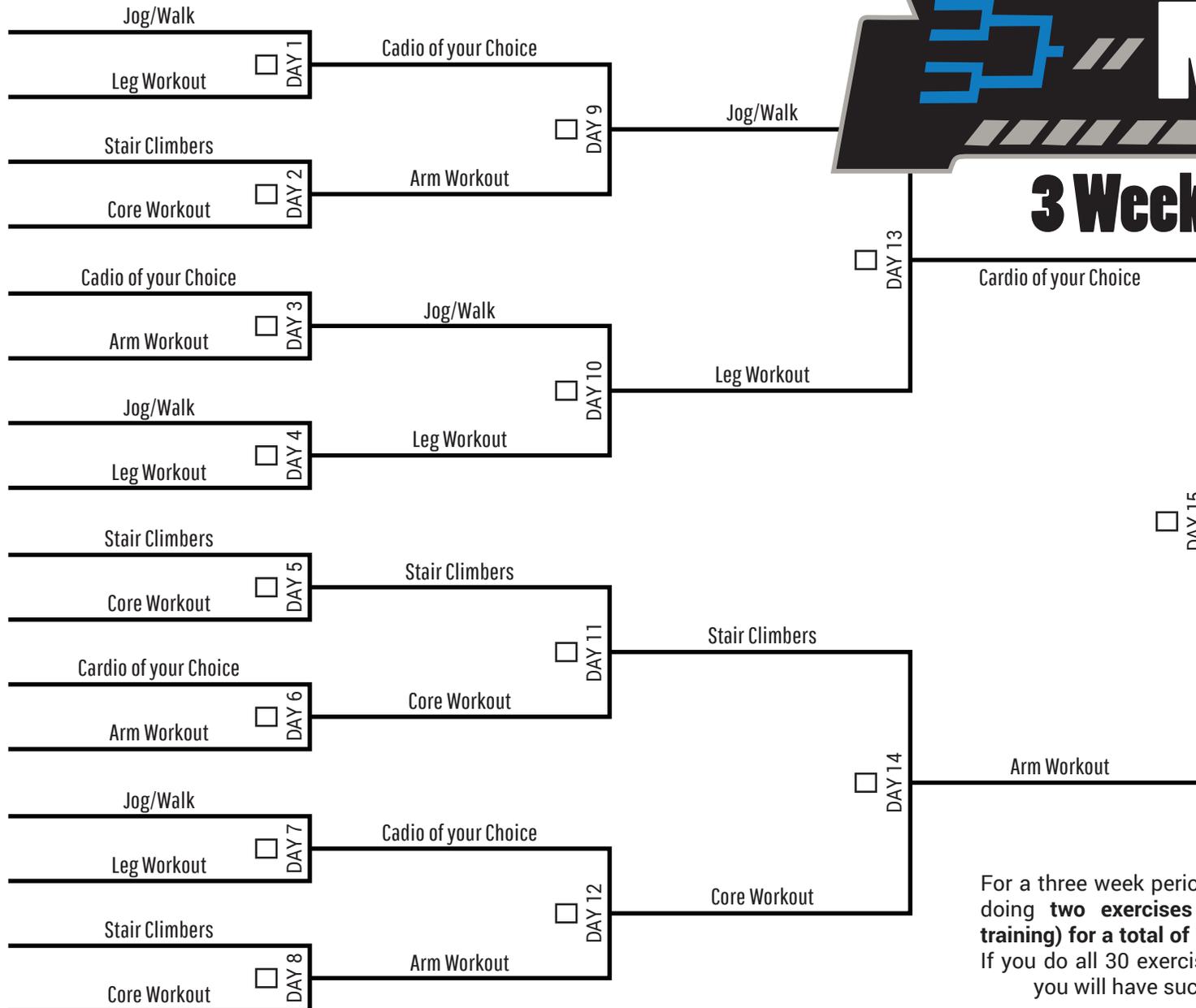


# BYU MARCH MANIA

## 3 Week Challenge



CONGRATULATIONS!

You're a March Mania

# MVP

Regular exercise is such a vital part of staying healthy. This month's challenge is all about getting active and in shape one day at a time.

For a three week period, follow the March Mania bracket doing **two exercises each day (cardio and strength training)** for a total of **15 days of fitness** (5 days a week). If you do all 30 exercises by the end of the three weeks, you will have successfully completed the challenge.

# EXERCISE DESCRIPTIONS

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## CARDIO

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### Jogging/Walking for 20 Minutes

Jog or walk at a brisk pace for at least 20 minutes or more.

### Stair Climbers

Climb up 8 stair cases or more.

### Cardio of your Choice for 20 Minutes

Choose your favorite type of cardio work out and do it for at least 20 minutes or more. Some ideas are swimming, cycling, aerobics, jogging or using an elliptical machine.

## STRENGTH TRAINING

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### Leg Workout

Do a mini workout variation of squats, lunges, or other workout that helps to strengthen your legs.

### Core Workout

Do a mini core workout that activates your abdominal muscles and increases their strength. You could do planks, sit-ups, cherry-pickers, or any ab exercise that works for you.

### Arm Workout

Time to tone those arms with a mini arm workout. You can do any arm exercise such as push-ups, tricep dips, or exercises using free weights, strengthening machines or soup cans.

