

For this month's fitness challenge,
it is all about

March Exercise Madness

Let's Get Ready to
EXERCISE!

It all comes down to your favorite exercise.

This month, use our Exercise Bracket sheet to perform two exercises at a time and write your favorite on the chart. We have paired up exercises that work your legs, abdominals, cardio, back and chest. Complete the brackets at your own pace. Up to one entry per week.

Do 10 repetitions of each exercise.

▶ When you make it to the end, share your favorite exercise with us on your favorite social media channels!

  @PortageYMCA  @PortageY #PortageYExercise Madness

WEEKLY PRIZE = \$10 in Y Bucks

Check-in with your completed bracket weekly at the Front Desk to be entered



MARCH EXERCISE MADNESS

LEG EXERCISES

- Squats
- Walking Lunges
- Step Ups
- Sumo Squats
- Hamstring Curls
- Leg Extensions
- Weighted Bridges
- Goblet Squats
- Romanian Deadlift
- Lateral Lunges
- Banded Lateral Walk
- Calf Raise
- Banded or Machine Kick Backs
- Reverse Lunge
- Curtsy Lunge
- Bulgarian Split Squat

ABS, CARDIO EXERCISES

- Kettlebell Side Crunch
- Burpees
- Box Jumps
- Sit Ups
- Jumping Jacks
- Bicycle Crunches
- Jump Squats
- Mountain Climbers
- Split Jumps
- Jumping Planks
- Inchworm Plan walks
- Star Jumps
- Jump Rope
- Russian Twists
- Lateral Plank walks
- Flutter Kicks

FAVORITE EXERCISE

CHEST & TRICEPS EXERCISES

- Push Ups
- Cable Chest Fly
- Tricep Extension with Ropes
- Tricep Kickbacks
- Narrow Dumbbell Chest Press
- Wide Grip Chest Press
- Overhead Triceps Extension
- Supinated Grip Tricep Extension w/ Straight Bar
- Dumbbell Chest Press
- Triangle Push Ups
- Skull Crushers
- Medicine Ball Chest Throw
- Tricep Dips
- Dumbbell Chest Fly
- Decline Chest Press
- Incline Chest Press

BACK & BICEPS EXERCISES

- Single Arm Rows
- Pull Ups
- Hammer Curls
- Reverse Flyes
- Pronated Grip Lat Pull Down
- Wide Grip Row
- Close Grip Pull Down
- Dumbbell Pull Over
- Supermans
- Concentrated Curls
- Bicep Curls on the cables w/ the Rope
- Bent Over Row (bands or bar)
- Back Extension
- Incline Dumbbell Row
- Incline Dumbbell Hammer Curl
- Smith Machine Drag Curl

