










REVEAL YOUR CHAMPION: MUSCLE MARCH

WEEK 1: BUILD YOUR BASE

Get ready to Reveal Your Champion:

- Open Space Comfortable Clothing Water Bottle Towel Mat Watch/Timer

03/01/2021	03/02/2021	03/03/2021	03/04/2021	03/05/2021	03/06/2021	03/07/2021
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Strength	Speed & Agility	Strength	Flexibility	Strength	Rest Day
Sweat Zone	Pick Your Power	Plyo Circuit	2 Hops this Time	Mind Over Mat #1	Ab Blast 1.0	Set your goals for the week!
						
Click to begin workout	Click to begin workout	Click to begin workout	Click to begin workout	Facebook Live @ 7pm Click to join workout	Click to begin workout	
Recovery Activity: 30 Minute Walk	Recovery Activity: Summer Olympics Yoga	Recovery Activity: Wind Down Meditation	Recovery Activity: 30 Minute Walk	Recovery Activity: Summer Olympics Yoga	Recovery Activity: Wind Down Meditation	

March Wellness Activities:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Visit the ' Reveal Your Champion ', site to help you set your fitness goals for the month!	Try out this 5 minute meditation session to find some stillness!	Write a letter and mail it to a friend or coach telling them how much you care about them!	Write down 3 things you are grateful for this morning!	Cook a healthy meal! Try out this chicken fajita recipe	Do something kind for someone today. Check out this article for ideas!	Take a full day off from using your phone today and try something new!