





REVEAL YOUR CHAMPION: MUSCLE MARCH

WEEK 3: BULKING SEASON

Get ready to Reveal Your Champion:

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

03/15/2021	03/16/2021	03/17/2021	03/18/2021	03/19/2021	03/20/2021	03/21/2021
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Endurance	Strength	Speed & Agility	Strength	Flexibility	Strength	Rest Day
Monday Movin'	Boulder Shoulders	Plyo Circuit	Step it Back	Mind Over Mat #3	Feel the Burn	Set your goals for the week!
						
Click to begin workout	Click to begin workout	Click to begin workout	Click to begin workout	Click to begin 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
Clean your room or a space you spend time in today! A clear space helps us clear our minds.	Make time today to do something that you love- read your favourite book or watch your favourite show!	Try out this Healthy Shamrock Shake for St. Patrick's Day!	Pay someone a compliment today- a family member OR a stranger! It will make you feel great too.	Get outside for at least 30 minutes today! Log your steps on MyPAHL for a chance to win prizes!	It is International Day of Happiness! Write down 3 things that make you happy!	Practice these breathing exercises! Use them when you are feeling stressed.