

## March – Lucky Leprechaun’s March Fitness Challenge



Lucky Leprechaun’s March Fitness Challenge consists of three different workouts focusing on endurance, upper body, and lower body strength. As the month progress, the time and number of repetitions for each exercise gradually increases. There is a built-in rest day every fourth day. Each rest day includes an additional challenge.

Each person’s fitness level varies. Therefore, the guidelines on the calendar are not set in stone. Each of the exercises and/or repetitions and times can be adapted to appropriately challenge yourself.

Mark each day a workout (including the “rest day” challenge) is completed with a check mark. At the end of the month, count up the total number of checks, then write that number on the bottom of the calendar where it says, “Total Days Completed.”

Calendars can be turned in to the front desk any day after March 31st. Everyone who takes part in Lucky Leprechaun’s March Fitness Challenge *and* returns their calendar, will receive an award certificate and a lucky token. The names of the patrons who complete the challenge will be proudly posted in the Lobby.

Patrons do NOT have to complete each day to receive a certificate. We understand that our patrons have busy schedules, or sometimes just forget to complete a workout. That’s being human. We just want to help you get movin’ in a fun way!

\*All monthly fitness challenges are optional.

