

# MARCH EXERCISE MADNESS

## BACK & BICEP EXERCISES

- SINGLE ARM ROWS
- PULL UPS
- HAMMER CURLS
- REVERSE FLYS
- PRONATED GRIP LAT PULL DOWN
- WIDE GRIP ROW
- CLOSE GRIP PULL DOWN
- DUMBBELL PULL OVER
- SUPERMANS
- CONCENTRATED CURLS
- BICEP CURLS ON THE CABLE WITH ROPE
- BENT OVER ROW
- BACK EXTENSION
- INCLINE DUMBBELL ROW
- INCLINE DUMBBELL HAMMER CURL
- SMITH MACHINE DRAG CURL

## LEG EXERCISES

- SQUATS
- WALKING LUNGE
- STEP UPS
- SUMO SQUATS
- HAMSTRING CURLS
- LEG EXTENSIONS
- WEIGHTED BRIDGES
- GOBLET SQUAT
- ROMANIAN DEADLIFT (RDL)
- LATERAL LUNGES
- BANDED LATERAL WALK
- CALF RAISE
- BANDED OR MACHINE KICKBACKS
- REVERSE LUNGE
- CURTSEY LUNGE
- BULGARIAN SPLIT SQUAT

FAVORITE EXERCISE

## CHEST & TRICEP EXERCISES

- PUSH UPS
- CABLE CHEST FLY
- TRICEPS EXTENSION WITH ROPES
- TRICEP KICKBACKS
- NARROW DUMBBELL CHEST PRESS
- WIDE GRIP CHEST PRESS
- OVERHEAD TRICEPS EXTENSION
- SUPINATED GRIP TRICEP EXTENSION
- DUMBBELL CHEST PRESS
- TRIANGLE PUSH UPS
- SKULL CRUSHERS
- MEDICINE BALL CHEST THROW
- TRICEP DIPS
- DUMBBELL CHEST FLY
- DECLINE CHEST PRESS
- INCLINE CHEST PRESS

## CORE/CARDIO EXERCISES

- KETTLEBELL SIDE CRUNCH
- BURPEES
- BOX JUMPS
- SIT UPS
- JUMPING JACKS
- BICYCLE CRUNCHES
- JUMP SQUATS
- MOUNTAIN CLIMBERS
- SPLIT JUMPS
- JUMPING PLANKS
- INCHWORM PLANK WALKS
- STAR JUMPS
- JUMP ROPE
- RUSSIAN TWISTS
- LATERAL PLANK WALKS
- FLUTTER KICKS



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# MARCH EXERCISE MADNESS



## CORE/CARDIO EXERCISES

- Kettlebell Side Crunch:** With a kettlebell/DB in one hand, brace your torso and bend to the side of the weight and back up, repeat other side.
- Burpees:** Start by jumping up and then going down into a pushup, bring your feet back under you and extend back up into the jump, repeat.
- Box Jumps:** With feet shoulder width apart, bend and jump up onto an elevated surface.
- Sit Ups:** Lay flat on the ground with your knees bent, flex your torso up until your chest touches your knees then slowly go back down.
- Jumping Jacks:** Start in a neutral position and jump landing with your legs spread and arms up, then jump again and return to neutral position.
- Bicycle Crunches:** Lay flat on the ground and bring your hips up to 90 degrees and then peddle your feet straight out parallel to the ground.
- Jump Squats:** Bring your feet shoulder with apart and hips down to 90 degrees, then explode up into a jump and land softly in a half squat.
- Mountain Climbers:** Get in a straight arm plank and peddle/run your feet bringing your knees towards and chest.
- Split Jumps:** Start in a lunge position with your front knee at 90 degrees, then jump and bring your back leg forward landing it in 90 degrees.
- Jumping Planks:** Start in a straight arm plank position and jump both legs up towards your chest keeping your shoulders over your wrists and back straight.
- Inchworm Plank Walks:** Start in a straight arm plank and slowly walk your feet up towards your hands until you have to bend your knees, then walk your hands out back into a plank.
- Star Jumps:** Begin in a squat position with your hands touching your toes, then explode up with your arms and legs outspread before landing back in the start position.
- Jump Rope:** Grab the ends of a jump rope in either hand at hip level, rotate your wrists to swing the rope and jump with both feet.
- Russian Twists:** Place all of your weight on your butt and heels of your feet in an outstretched seated position. Balance your core and twist your torso to either side.
- Lateral Plank Walks:** Start in a straight arm plank and step your right leg and arm out to the side followed by the left leg and arm in the same direction.
- Flutter Kicks:** Lay flat on your back with your hands under your butt and legs fully extended, alternate slightly raising and lowering each leg while keeping your back flat.

## BACK AND BICEP EXERCISES

- Single Arm Rows:** Place off leg and hand on bench. Keep back straight, but bent over the bench. Take dumbbell hand and pull dumbbell to the side to where the elbow aligns with your back.
- Pull Ups:** Assisted, add weight to machine and place knees on platform and pull until reaching the chin over the bar. Unassisted, pull body up until the chin is over the bar.
- Hammer Curls:** Dumbbell starts by side and goes straight to the chest. Keep the dumbbell straight up and down like a hammer.
- Reverse Flys:** Machine, face chest towards back pad. Grab vertical grips and pull backwards while squeezing the shoulders together. Dumbbells, keep bent back and keep elbows bent while bring weight up and squeezing the shoulders.
- Pronated Grip Lat Pull Down:** Hands on grip, knuckles facing the lifter. Sit on the seat with legs under the pad. Pull weight until it reaches in between the shoulders and the chin.
- Wide Grip Row:** With using the cables, pick a larger bar to use. Widen hand grip farther than shoulder width apart. Keep back straight and pull weight towards the chest.
- Close Grip Pull Down:** With using a smaller bar or close gripped handles, place on lat pull down and place legs under pad. Then pull weight down between shoulders and chin.
- Dumbbell Pull Over:** Lay back flat on a bench. Have the dumbbell set on the chest while adjusting grip. When ready bring the dumbbell as far as it can behind the head and pull it back to the chest while keeping arms locked.
- Supermans:** Lay chest flat on a mat. With the head in a locked neutral position, bring hands and legs up from the ground. Hold for a few seconds then relax for a few seconds. Repeat.
- Concentrated Curls:** While sitting on a bench have one arm resting on the lap. The other will have the dumbbell. The elbow of this arm with on the thigh. Focus on not moving the bicep and just the forearm.
- Bicep Curls on the Cables w/ the Rope:** Standing or sitting, the lifter will hook the rope handle onto the cable. Keeping the back straight, bring the rope handle from your hips to the chest.
- Bent Over Row:** Either, keep knees slightly bent. Keep back straight, but bent over the band or bar. Bring the weight from the knees to the chest, while keeping a neutral head position.
- Back Extension:** Put feet on the platform, have quadriceps (front thigh) on the pad. Keep arms by chest. Lower upper body over the thigh pads towards the ground. Then bring upper body back up while extending your back forwards and shoulders back.
- Incline Dumbbell Row:** Chest flat on the incline bench. Have dumbbells to the sides of the incline. Bring dumbbells towards the lifters sides.
- Incline Dumbbell Hammer Curl:** Lay back flat on incline. Have dumbbells to the side. Pull dumbbells from the side straight up and down to the chest. Like a hammer.
- Smith Machine Drag Curl:** With a supinated grip, thumbs facing away from each other and knuckles facing the lifter. Drag the bar from the hip to the stomach. Then start to curl the bar up to the chest.

## LEG EXERCISES

**Squats:** With your feet shoulder width apart, lower hips until they are parallel to the ground and then extend back up.

**Walking Lunge:** While walking forward have your lead knee bending to 90 degrees and let your back knee almost touch the ground. Repeat with each step.

**Step Ups:** Find a box or platform and alternate each foot extending up, use the same leg to come down and repeat.

**Sumo Squats:** With your feet greater than shoulder width apart, lower hips until parallel and focus on keeping knees over toes before extending back up.

**Hamstring Curls:** Sit/lay in the machine and flex legs against pad from straight to bent as far as you can.

**Leg Extensions:** Sit in the machine and extend legs against pad from less than 90 degrees to straight.

**Weighted Bridges:** With knees bent and back flat on the ground, flex your hips upward putting all your weight on the feet and top of the back.

**Goblet Squat:** Holding a DB or kettlebell in front of you at shoulder level, squat down and extend up.

**Romanian Deadlift (RDL):** Hold a bar/DB's shoulder width apart, slightly bend the knees and allow your hips to extend back as you bring the weight down to your knee height.

**Lateral Lunges:** Adduct your right leg out to the side stopping once your right leg is bent at 90 degrees and your left leg is straight. Leap up to neutral using your right leg and repeat with left.

**Banded Lateral Walk:** Stand in a two bands and place one just above your knee and the other at your ankles. Get in a half squat and walk side to side.

**Calf Raise:** Using a calf raise machine or seated leg press, place your midfoot on the platform and press your toes down or out until fully extended.

**Banded or Machine Kickbacks:** In a bent position where your arms and chest are supported, extend your leg back moving the resistance in an out and up curve.

**Reverse Lunge:** Step backward into your lunge finishing on the bottom with the lead leg at 90.

**Curtsy Lunge:** Starting in a neutral position bring your right leg to the left and behind your other leg in a curtsy while keeping even weight on both feet and then extend back up and repeat.

**Bulgarian Split Squat:** Bring your back leg up and rest it on an elevated surface, bend your front leg to 90 degrees and come back up.

## CHEST AND TRICEPS EXERCISES

**Push Ups:** Start in a straight arm plank position, slowly bend the elbows keeping them at 45 degrees until your chest almost touches the ground, and come back up.

**Cable Chest Fly:** Stand or sit with your hands just below chest level, while keeping your arms slightly bent, bring your hands together in front of you while squeezing your chest.

**Triceps Extension with Ropes:** Hook up the triceps rope and grab near the hard plastic with both hands, start in a position with full bicep flexion and extend down and to the sides of your body.

**Tricep Kickbacks:** Use your left hand and knee to brace against a flat bench, with a weight in your right hand extend from a curl position backwards until your arm is straight back and in line with your back, switch sides and repeat.

**Narrow Dumbbell Chest Press:** Lay down on an incline or flat bench with a DB in each hand, press the DB's together at the center of your chest as you push them up/away from the body.

**Wide grip Chest Press:** Lay flat on a bench and position your hands a distance twice as far as your shoulder length, come down with the bar until you touch just under your breast bone, then press up.

**Overhead Triceps Extension:** Overhead or seated, start with your Elbows by your head and the DB's behind your back, extend upward until your arms are straight.

**Supinated Grip Tricep Extension w/ Straight Bar:** Set up a straight bar at a cable machine and grab it with your palms facing up, extend your arms down making sure to keep the shoulders still and only use the elbows.

**Dumbbell Chest Press:** Lay down on a flat or inclined bench, align your shoulders to 45 degrees and press up and come back down until the DB's are at chest level.

**Triangle Push Ups:** Start in a straight arm plank with your hands placed so that your pointer fingers and thumbs are touching to form a triangle, come down and press up with your arms staying close to your torso.

**Skull Crushers:** Lay flat on a bench with your head almost hanging off, use a straight bar or EZ curl bar with a pronated grip and start with your arms straight, keep your shoulders straight and let your elbows come down until the weight comes close to your head, press back up.

**Medicine Ball Chest Throw:** Use a medium to heavy ball and face a wall 15-20 feet away, slightly bend the knees and hold the ball at chest level, extend your arms and knees at the same time to push the ball away towards the wall.

**Tricep Dips:** Face away from a flat bench and place your arms slightly behind, bring your feet away from you so that most of your weight is on the bench, keep your arms tight and let your body come down until elbows just past 90 degrees, press up.

**Dumbbell Chest Fly:** Lay flat on a bench with your arms slightly bent and extended above your chest, slowly bring the DB's straight out to the sides stopping once you have made a "T" with your arms, squeeze your chest and bring the weights straight back up.

**Decline Chest Press:** Lay in a decline bench and grab the bar at about shoulder width, bring the bar down until it touches just below your sternum, press straight back up.

**Incline Chest Press:** Lay in an incline bench at about 30 degrees, grab the bar at shoulder width, bring it down until you get to the top of the pectoralis muscle just below the collar bone, press up.