

March 2015 ~ Daily Calorie Burn Challenge						#BWLWMAR
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 20 jumping jacks Run in place 20 sec 20 squats 20 jumping jacks	2 25 jumping jacks 20 *Mt. climbers Run in place 20 sec 5 pushups	3 25 Mt. climbers 25 squats 30 crunches High knees 30 sec	4 25 jumping jacks 30 squats 6 pushups High knees 30 sec	5 Run in place 30 sec 30 squats 20 crunches 25 Mt. climbers	6 35 squats 8 pushups High knees 40 sec 25 jumping jacks	7 REST
8 35 jumping jacks 8 jump squats 20 crunches 10 pushups	9 Run in place 45 sec 25 Mt. climbers 30 crunches High knees 45 sec	10 40 jumping jacks 30 Mt. climbers High knees 30 sec 25 crunches	11 40 jumping jacks 40 squats 12 burpees Run in place 60 sec	12 40 Mt.climbers 10 jump squats 10 pushups 30 second wall sit	13 50 jumping jacks 40 Mt. climbers 30 crunches High knees 60 sec	14 REST
15 30 jumping jacks Run in place 60 sec 30 squats 35 jumping jacks	16 40 jumping jacks 30 Mt. climbers Run in place 60 sec 10 pushups	17 35 Mt. climbers 35 squats 8 burpees High knees 60 sec	18 45 jumping jacks 35 squats 40 Mt. climbers High knees 60 sec	19 Run in place 60 sec 40 squats 10 burpees 30 crunches	20 45 squats 10 pushups High knees 60 sec 45 jumping jacks	21 REST
22 50 jumping jacks 15 jump squats 40 crunches 12 pushups	23 Run in place 60 sec 40 Mt. climbers 10 burpees High knees 60 sec	24 50 jumping jacks 40 Mt. climbers High knees 60 sec 30 crunches	25 55 jumping jacks 50 squats 10 burpees Run in place 60 sec	26 45 Mt. climbers 15 jump squats 15 pushups 60 second wall sit	27 60 jumping jacks 45 Mt. climbers 40 crunches High knees 60 sec	28 REST
29 70 jumping jacks 45 Mt. climbers 40 crunches Run in place 60 sec	30 70 squats 12 pushups 50 jumping jacks High knees 60 sec	31 80 jumping jacks Run in place 60 sec 70 squats High knees 60 sec	Visit www.blackweightlosssuccess.com/march2015challenge for Exercise instruction videos. Directions: Do 1-2 sets of each circuit and rest for 1-2 min between sets. Break the exercises up and take rest when you need to. Couple these daily workouts with 30 min of running, walking or using a treadmill, elliptical machine, arch trainer or stairmaster. Don't have access to a gym? Grab a workout DVD or find a workout on YouTube that is at least 30 min long. *Mt. climbers = Mountain climbers			

Disclaimer: Before starting any exercise program, please consult with your doctor. We cannot be held responsible for any injuries resulting from attempting this exercise routine. Do not participate if you have injuries that could be worsened, are pregnant, have knee issues, or are suffering neck and back pain. Don't forget to stretch before and after working out to avoid injuries.

It's ok if you can't get through all of the moves, Do the best you can and make modifications. One modified Burpee, without the pushup, is better than none. It's also ok to cut the number of moves in half if you are just a beginner.

How many times should I do the circuit listed for the day? Do 1-2 sets of each circuit per day. The number of rounds you do will depend on your level of fitness.

How often should I rest during the workout? Rest for 1-2 min between circuits. Break the exercises up and take rest when you need to. Go at your own pace. For example, you may need to break 70 crunches into 2 sets of 35 and take a 30 second to 1 minute break in between, that's fine.

Is this the only workout you suggest I do for the month?

If this is going to be your main exercise plan for the month, I suggest that you couple these daily workout circuits with 30 minutes of additional cardio or some strength training 3-4 days per week. That could be running, walking or using an elliptical machine, arch trainer or stair master. You could also do strength training at home or in the gym. This plan is meant to go along with your existing workout plan for an extra boost. Don't have access to a gym? Grab a workout DVD or find a workout on YouTube that is at least 30 minutes long.

What Should You Eat?

We suggest that you keep eating clean or keep following the eating regime that has worked for you. Use our [Clean Eating Foods list](#) as a guide. Also, check out our e-book "[Clean Eating for Weight Loss and Wellness](#)".