

MARCH MATNESS CHALLENGE WEEK 1

Complete the desired amount of reps each day. You can break it up through the day.



Level 1 - 30 reps
Level 2 - 60 reps
Level 3 - 100 reps

**DAY
1**

▶ SINGLE LEG STRETCH

**DAY
2**

▶ SUPINE TOE TOUCHES

**DAY
3**

▶ RUSSIAN TWISTS

**DAY
4**

▶ PLANK SHOULDER TAPS

**DAY
5**

▶ SWIMMERS

**DAY
6**

▶ ROLL UP

**DAY
7**

▶ LEG SCISSORS

STAY TUNED
FOR WEEK 2

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