

MARCH MATNESS CHALLENGE WEEK 2

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
8** ▶ BIRD DOGS

**DAY
9** ▶ THE 100

**DAY
10** ▶ COCOONS

**DAY
11** ▶ PLANK LEG LIFTS

**DAY
12** ▶ BOAT HOLD

**DAY
13** ▶ HIP DIPS

**DAY
14** ▶ BICYCLES