



AMP Fitness

MARCH MADNESS CHALLENGE



COMPLETE ALL EXERCISES IN A BRACKET, THEN MOVE ON TO THE NEXT BRACKET THE FOLLOWING WEEK.

WEEK 1:

Bracket 1 has 16 exercises to complete

WEEK 2:

Bracket 2 has 8 exercises to complete

WEEK 3:

Bracket 3 has 4 exercises to complete

WEEK 4:

Bracket 4 has 2 exercises to complete



ALL STAR CHAMPIONSHIP!
MARCH 29-31

Congratulations on making it through the first 4 weeks of the challenge so far. Now on to the All-Star Championship! This will be 3 days to complete 1 last final challenge.