

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

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

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

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



Complete and return your bracket to the front desk for a chance to win YMCA swag!