Let's Move 2024!

MARCH MOTIVATION PACK For this programme you will need weights.

Nothing is impossible. The word itself says "I'm possible" Audrey Hepburn

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"A peacock that rests on his feathers, is just another turkey." — Dolly Parton

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Let's Move 2024! | MARCH

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY - SUNDAY	
5 TH NEW	6 TH NEW		8 TH /9 TH /10 TH	COMPLET
Asymmetric ABC	Roll & Stretch #2	Full Bodyweight Repeat	Repeat or Rest	
weights suggested	*roller needed*			
12 TH NEW	13 TH NEW	14 TH NEW	15 TH /16 TH /17 TH	
The Chair and The Band	Open Up & Stretch	Circle It	Repeat or Rest	
chair and band needed		*circle needed*		
19 TH New	20 TH New	21 ST NEW	22 ND /23 RD /24 TH	
Static Stretch	Inside/Outside Thighs #3	Just Move #7	Repeat or Rest	
	circle and band needed			
26 TH NEW	27 TH NEW	28 TH NEW	29 TH /30 TH /31 ST	
Classical Play Pt 1	Shoot for the Stars	Classical Play Pt 2	Repeat or Rest	
	5 TH Asympetric <i>a</i> weights suggested* *weights suggested* 12 TH NEW The Chair and Chair and band needed * *chair and band needed* 19 TH NEW Static Stretch	5 ^H wwwwwwwwwwwwwwwwawawawawawawawawawawaw	5 TH KW δ TH KW The Coll & Stretch #2 Full Body.weight Repeat 12 TH KW Notes and the seded* Full Body.weight Repeat 12 TH KW Notes and the seded* Full Body.weight Repeat 12 TH KW Notes and the seded* Full Body.weight Repeat 12 TH KW Notes and the seded* Id TH KW 12 TH KW Open Up & Stretch Circle It Circle It 19 TH KW Open Up & Stretch Circle needed* The Chair and Decided* 19 TH KW 20 TH KW Discle/Outside Thighs #3 This ide/Outside Thighs #3 Just Move #7 19 TH KW Static Stretch Static Stretch Z ^{2TH} KW Classical Play Pt	5 TH 6 ^{DH} T 7 TH T R <