



Activity: March Madness Rounds

Directions: Progress through these rounds just like the winning team will progress through the March Madness Rounds – from the First Four all the way to the Final Four! Take a water break in between each round!

First Four Round

- 10 Diamond Push Ups
- 20 Bicycle Crunches
- 10 Side Lunges
- 20 Jumping Jacks

First Round

- 10 Floor Press
- 45 Second Plank
- 20 Narrow Squats
- 30 Scissors

Second Round

- 10 Lateral Raise
- 15 Leg Lifts
- 20 Calf Raises
- 30 Seconds Butt Kicks

Sweet 16

- 16 Overhead Press
- 16 Sit Ups
- 16 Sumo Squats
- 16 High Knees

Elite Eight

- 8 Front Raise
- 8 Super Mans
- 8 Squat Jumps
- 8 Burpees

Final Four

- 1 Min Arm Circles
- 1 Min Washing Machines
- 1 Min Mountain Climbers
- 1 Min Defensive Shuffle

Not sure how to do some of the exercises listed above?

Check out our library of Exercise GIFS at:

www.sportsbackers.org/program/kids-run-rva/exercise-examples/