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### March Workout of the Month

<http://www.homeschoolfitnesscoach.com/blog/march-workout-of-the-month/>

Ladies, ready for some more action? Here's the new workout for the month: Grab a timer and some dumbbells: You will perform each exercise back to back without any rest until your timer goes off. Rest 1 minute between each superset. Superset A: Go for 5 minutes DB Squats x 10 V-ups x 10 Rest 1 Minute Superset B: Set timer for 5 minutes DB Russian Deadlifts x 10 Military Presses x 10 Rest 1 Minute Superset C: Set timer for 5 minutes Push Ups x 10 DB Swings x 10 Enjoy! Post your progress on your personal pages. I love to hear how you're doing. Post from: Homeschool Fitness Coach

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