



CALF RAISES

MARCH FITNESS CHALLENGE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 5 Calf Raises	2 Rest day!	3 Rest day!
4 10 Calf Raises	5 15 Calf Raises	6 20 Calf Raises	7 25 Calf Raises	8 30 Calf Raises	9 Rest day!	10 Rest day!
11 35 Calf Raises	12 40 Calf Raises	13 45 Calf Raises	14 50 Calf Raises	15 55 Calf Raises	16 Rest day!	17 Rest day!
18 60 Calf Raises	19 65 Calf Raises	20 70 Calf Raises	21 75 Calf Raises	22 80 Calf Raises	23 Rest day!	24 Rest day!
25 85 Calf Raises	26 90 Calf Raises	27 95 Calf Raises	28 100 Calf Raises	29 105 Calf Raises	30 Rest day!	31 Rest day!