



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

March Exercise Madness

Let's Get Ready to
EXERCISE!

MARCH 4 – 31

It all comes down to your favorite exercise.

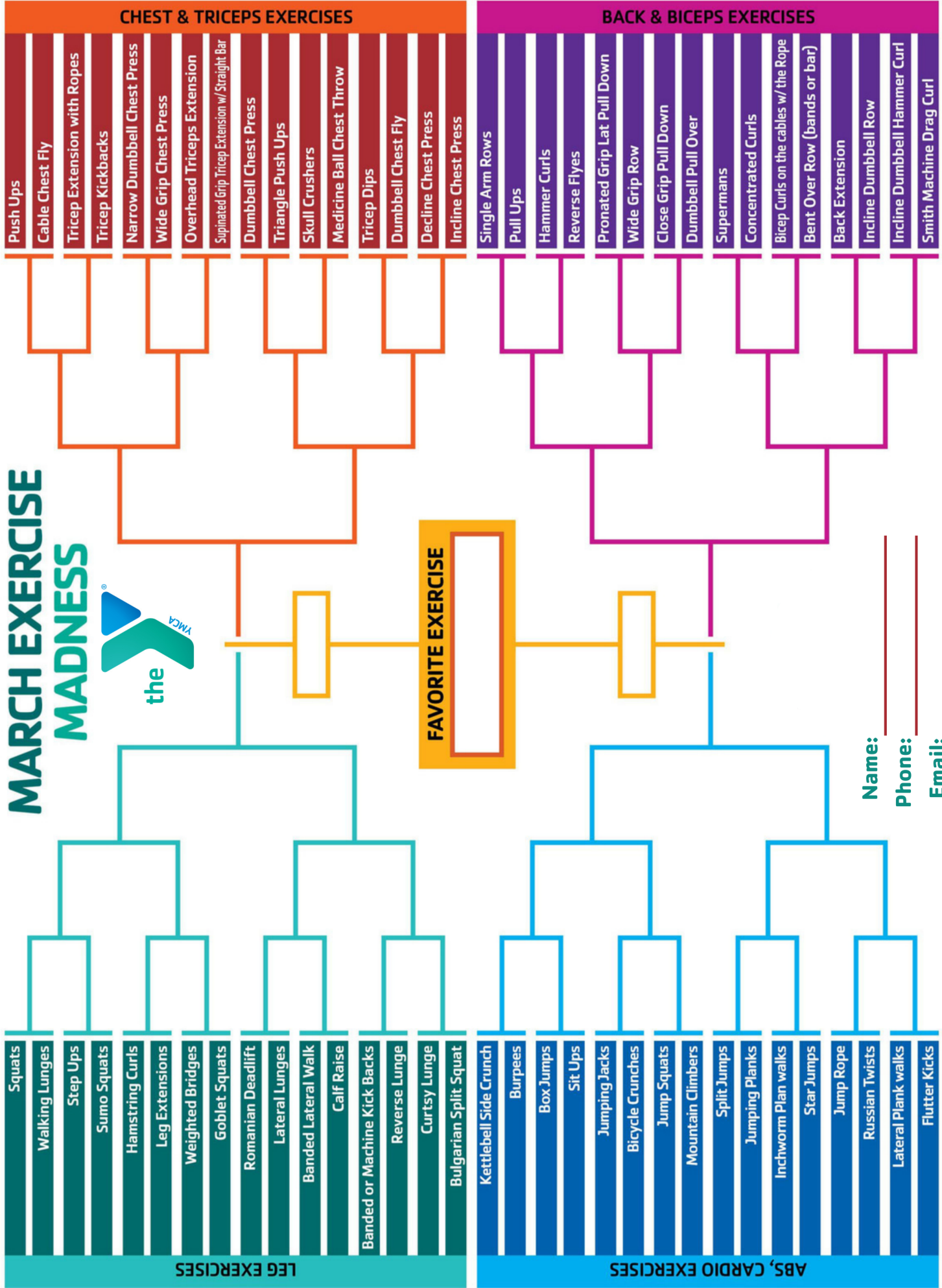
This month, use our Exercise Bracket sheet to perform two exercises at a time and write your favorite on the chart. We have paired up exercises that work your legs, abdominals, cardio, back and chest. Add them to your daily routine or just focus on the brackets all month for a full-body workout.

- ▶ **Submit your completed bracket to share your favorite exercise and to enter to win 3 FREE months of membership!**

ALAMANCE COUNTY YMCA | ACYMCA.ORG



MARCH EXERCISE MADNESS



Name: _____

Phone: _____

Email: _____