

March Minutes

2026

Each day complete the 100 Reps then set a timer for 1 minute and count your reps of the daily skill! *Record your score and try and improve each week!*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 100 Reps (20) Righty (20) Lefty (20) CST (20) R QS (20) L QS	2 100 Reps + 1min Skill: Righty with cradle	3 100 Reps + 1min Skill: Lefty with cradle	4 100 Reps + 1min Skill: CST	5 100 Reps + 1min Skill: R QS	6 100 Reps + 1min Skill: L QS	7
8	9 1min Skill: Righty with cradle	10 100 Reps + 1min Skill: Lefty with cradle	11 100 Reps + 1min Skill: CST	12 100 Reps + 1min Skill: R QS	13 100 Reps + 1min Skill: L QS	14
15	16 1min Skill: Righty with cradle	17 100 Reps + 1min Skill: Lefty with cradle	18 100 Reps + 1min Skill: CST	19 100 Reps + 1min Skill: R QS	20 100 Reps + 1min Skill: L QS	21
22	23 1min Skill: Righty with cradle	24 100 Reps + 1min Skill: Lefty with cradle	25 100 Reps + 1min Skill: CST	26 100 Reps + 1min Skill: R QS	27 100 Reps + 1min Skill: L QS	28
29	30 1min R 1min L 1 min CST 1min R QS 1 min L QS	31 1min R 1min L 1 min CST 1min R QS 1 min L QS				