



# March Madness

## BOOTCAMP

*canwilldone.com*

workout designed by: Victoria Picott



### JUMP BALLS

10 hip bridges



### LAYUPS

20 jumping jacks



### 3 POINTERS

20 high knees



### MISSED FREE THROWS

10 squat jumps



### MEDIA TIMEOUTS 1ST HALF

20 push-ups



### MEDIA TIMEOUTS 2ND HALF

20 crunches



### FOULS

10 push-ups



### OFFENSIVE FOULS

20 chair dips



### OFFENSIVE REBOUNDS

20 mountain climbers



### TRAVELS

10 burpees



### 30 SECOND TIMEOUTS

plank



### HALFTIME

20 lateral lunges