March Suggestions!

March 1-7
#712 Cardio Strength: Attention for Wisdom (26)
#713 Kicks and Sticks (33)
#714 Unilateral Legs with Shannon (34)

March 8-14
#680: Pyramid with Shannon: Know and Believe God's Love (30)
#670: Strength Training: Still and Surrendered (36)
#667: Strength, Cardio, and Core: Fighting Words (34)

March 15-21
#712 Cardio Strength: Attention for Wisdom (26)
#713 Kicks and Sticks (33)
#714 Unilateral Legs with Shannon (34)

March 22-28
#685: Lower and Upper Strength: Worthless Things (35)
#681: Choreographed Strength: Rehearse It (36)
#677: Drop 10, Add 1: Believe Again (36)

March 29-31
#657: Supersets with Cardio: Wait (35)
#644: Bodyweight total body: Put on Strength (31)