

# MARCH MADNESS

## Game Day Workout

When you see this... ↓ Do this! ↓

3-Pointer.....	<a href="#">5 Squats</a>
Dunk.....	<a href="#">5 Bent Knee Push-ups</a>
Made Free Throw.....	<a href="#">5 Crunches</a>
Missed Free Throw.....	<a href="#">6 Mountain Climbers</a>
Turnover.....	<a href="#">5 Jumping Jacks</a>
Personal Foul.....	<a href="#">5 Tricep Dips</a>
Offensive Foul.....	<a href="#">10 Calf Raises</a>
Traveling.....	<a href="#">30 Sec Fast Feet</a>
Shot Clock Violation.....	<a href="#">5 Jump Squats</a>
And 1.....	<a href="#">10 Forward Lunges</a>
Injury.....	<a href="#">30 Sec Plank</a>
Buzzer Beater.....	<a href="#">5 Star Jumps</a>
Upset Victory.....	<a href="#">1 Min Burpees</a>

STATE EMPLOYEE WELLNESS PROGRAM

