

March Fitness Challenge!

West Region aka Upper Body 1!

Winner Advances
3 sets
8-10 reps
Each Exercise!



@chrisgatesfitness
chrisgatesfitness.com

East Region aka Lower Body 1!

Winner Advances
3 sets
8-10 reps
Each Exercise!

South Region aka Upper Body 2!

Winner Advances
3 sets
8-10 reps
Each Exercise!

Midwest Region aka Lower Body 2!

Winner Advances
3 sets
8-10 reps
Each Exercise!

(Barbell Row)	Kansas (28-6)
(Incline Dumbbell Row)	Texas South./Texas A&-CC
(Standing Dumbbell Bicep Curls)	San Diego St. (23-8)
(Seated Dumbbell Bicep Curls)	Creighton (22-11)
(Lat Pull Down)	Iowa (26-9)
(One-Arm Lat Pull Down)	Richmond (23-12)
(Dumbbell Shrug)	Providence (25-5)
(Incline Dumbbell Shrug)	S. Dakota St. (30-4)
(Pull Ups)	LSU (22-11)
(Chin Ups)	Iowa St. (20-12)
(Hammer Curls)	Wisconsin (24-7)
(Preacher Curls)	Colgate (23-11)
(Dumbbell Chest Press)	USC (26-7)
(Incline Dumbbell Chest Press)	Miami (FL) (23-10)
(Dumbbell Skull Crushers)	Auburn (27-5)
(Cable Triceps Extension)	Jacksonville St. (21-10)
(Conventional Deadlift)	Arizona (31-3)
(Trap Bar Deadlift)	Wright St./Bryant
(Goblet Squat)	Seton Hall (21-10)
(Bulgarian Split Squat)	TCU (20-12)
(Standing Calf Raise)	Houston (29-5)
(Seated Calf Raise)	UAB (27-7)
(Dumbbell RDL)	Illinois (22-9)
(Leg Curl)	Chattanooga (27-7)
(Supermans)	Colorado St. (25-5)
(45-Degree Back Extension)	Michigan (17-14)
(Plank)	Tennessee (26-7)
(Plank Front Reach)	Longwood (26-6)
(Box Step Ups)	Ohio St. (19-11)
(Jump Squats)	Loyola Chicago (25-7)
(Hanging Leg Raise)	Villanova (26-7)
(Lying Leg Raise)	Delaware (22-12)

Gonzaga (26-3)	(Barbell Bench Press)
Georgia St. (18-10)	(Dumbbell Bench Press)
Boise St. (27-7)	(Standing DB Shoulder Press)
Memphis (21-10)	(Seated DB Shoulder Press)
UConn (23-9)	(Dumbbell Lateral Raise)
New Mexico St. (26-6)	(Upright Row)
Arkansas (25-8)	(Dumbbell Rear Delt Fly)
Vermont (28-5)	(Face Pulls)
Alabama (19-13)	(Incline Dumbbell Chest Press)
Rutgers/Notre Dame	(One-Arm Incline Dumbbell Chest Press)
Texas Tech (25-9)	(Cable Flies)
Montana St. (27-7)	(Dumbbell Flies)
Michigan St. (22-12)	(Seated Cable Row)
Davidson (27-6)	(Chest Supported Machine Row)
Duke (28-6)	(Standing Dumbbell Biceps Curl)
CS Fullerton (21-10)	(Seated Dumbbell Biceps Curl)
Baylor (26-6)	(Barbell Back Squat)
Norfolk St. (24-6)	(Goblet Squat)
North Carolina (24-9)	(Dumbbell RDL)
Marquette (19-12)	(Dumbbell RDL, 4-Second Eccentric)
Saint Mary's (25-7)	(Standing Calf Raise)
Wyoming/Indiana	(Seated Calf Raise)
UCLA (25-7)	(Leg Extension)
Akron (24-9)	(Box Squat)
Texas (21-11)	(Split Squat)
Virginia Tech (23-12)	(Walking Lunges)
Purdue (27-7)	(Barbell Hip Thrust)
Yale (19-11)	(Dumbbell Hip Thrust)
Murray St. (30-2)	(Hanging Leg Raise)
San Francisco (24-9)	(Lying Leg Raise)
Kentucky (26-7)	(Sit Ups)
Saint Peter's (19-11)	(Russian Twists)