

MARCH 2026 PLAN

Built, Not Dieted

Weekly Structure

- 3 Full Body (1 lower emphasis, 1 upper emphasis, 1 LIVE)
- 1 Lower Body + Core
- 1 Full Body Balance/functional
- 1 Core
- 1 Recovery (mobility / yoga)

Full Weekly Schedule

*Choose either workout when 2 options are given. Workouts with weights are noted with an asterisk.**

Monday – Full Body Iso Strength 16.0 or Full Body Strength + HIIT 17.0*

Tuesday – Core Challenge 16.0

Wednesday – Add-On Challenge 11.0 or Full Body Power 17.0*

Thursday – HIIT Lower Body Focus 16.0 or Legs & Core 17.0*

Friday – Balance & Burn 11.0

Saturday – LIVE (or replay)

Sunday – Stretch & Mobility Recovery or Yoga Flow 1.0/2.0/3.0

Scheduled LIVE Workouts:

- Saturday March 7 – 9:00 AM EST
 - Saturday March 21 – 9:00AM EST
- Replay available 24/7 in [LIVE NOW](#).

How to Use This Plan:

- Follow the workout listed for each day of the week. Each workout is 15 minutes. Show up, press play, and follow the schedule.
- If you're starting mid-month, begin with the current week and move forward — you are not behind.
- Inside the Fitness Group, you'll see a short daily 'step' that supports this month's focus — check in daily for guidance, mindset, and direction.
- LIVE Workouts are here to support you, challenge you & build camaraderie — not overwhelm or intimidate you. I always give an exit-ramp around 20-minutes in. Join LIVE when your schedule allows - I promise you'll love it!
- Need support or have questions? Post inside the [Crew Discussion](#) — I'm there, and so is your #MaggiesCrew community.

Need help with nutrition?

Your membership also includes several nutrition resources. You'll see these referenced inside the monthly fitness group throughout the month.