

MARCH 2026

EXERCISE

DEAD BUG



GOAL

Maintain: Squat consistency + push-up progression.

3 Sets of 10-15 Dead Bugs

Dead bugs should be performed slowly and with control, using deliberate movement to build core stability, coordination, and breathing control. This supports safe, efficient movement during full-body exercises and everyday activities.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Modifications & Variations

- Arms only
- Legs only
- Heel Taps 
- Add weights

NUTRITION FOCUS

FIBER



-  **Goal:** Increase daily fiber intake (gradually) to support digestion, heart health, blood sugar balance, and fullness, and pair it with adequate hydration to help prevent GI discomfort. Check out the link for more information on fiber or discuss your needs with a Registered Dietitian.
-  **Habit Building Tips:** Increase fiber by making one small change, such as adding a fruit, vegetable, or beans to a meal you already eat regularly. Swap lower-fiber options for higher-fiber foods and keep fiber-rich choices visible and easy to use.

Disclaimer: Educational resource only. Participation is voluntary. See Instructions page for full disclaimer.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 +Fiber @ breakfast Squats	2 Dead Bug - Arms	3 Push-ups	4 Dead Bug - Legs	5 Squats	6 Dead Bug - Arms	7 Push-ups
8 Dead Bug - Legs	9 Push-ups	10 Dead Bug - Arms	11 Squats	12 Dead Bug - Legs	13 Push-ups	14 10 Dead Bugs
15 +Fiber @ lunch	16 10 Dead Bugs Squats	17 Push-ups	18 10 Dead Bugs Squats	19 Push-ups	20 10 Dead Bugs Squats	21 Push-ups
22 10 Dead Bugs x2	23 Squats & Push-ups	24 10 Dead Bugs x2	25 Squats & Push-ups	26 10 Dead Bugs x2	27 Squats & Push-ups	28 10 Dead Bugs x2
29 +Fiber @ dinner	30 10 Dead Bugs x3 Squats & Push-ups	31				

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