

Rashé
LIVE STRONGER

MARCH MADNESS

CIRCUIT CHALLENGE

 **25 March 2026**

THE CHALLENGE

EXERCISES :

- 50 Jumping Jacks
- 20 Dumbbell Clean Press
- 20 Push Ups
- 20 Free Squats
- 20 Burpees
- 30 Battle Rope Slams
- Windbike – 1 KM
- 20 Lunges (Each Leg)

FASTEST TIME WINS

- ✓ Proper form required
- ✓ Judges decision final
- ✓ Exercise demo before start
- ✓ Knee push-ups allowed for women

**SCAN &
REGISTER**

Rashé Members Only*



<https://rashe.in/register>