

AMAZFIT Summer Fitness CHALLENGE

#Week 1

do 1x

RACE THE SUN

Head out on a 10K run one hour prior to sunset

Try to make it back home before it gets dark

Snap some stunning pics along the way



Miles traveled _____ Calories burned _____ Time _____

Did you make it home before sunset? _____

HIKE WITH THE FAMILY

Enjoy the summer weather, take the family outdoors

Go to a local park to walk/hike around

Explore some of the amazing wildlife

Make Your Hikes Count: the Amazfit Stratos can track your distance, pace, elevation gain, and more!

Buy an Amazfit Stratos Today for 20% off!



Miles traveled _____ Calories burned _____ Time _____

Park Name _____

Days completed (circle all that apply):

M T W TH F S S



BALANCE WORK

Go through the balance circuit

Hold a wall squat for 25 - 30 seconds

Jog in place for 1 minute in between reps



Leg Balance:

Try 1 leg balance for 30 seconds, one leg hops, one leg deadlifts, hop scotch, one leg chair sits.

Reps _____ Sets _____ Time _____ Calories burned _____

1-Leg Balance
 1-Leg Hops
 1-Leg Deadlifts
 Hop Scotch
 1-Leg Chair Sits

Walking Meeting
 Walk to Work
 Bike to Work

Days completed (circle all that apply): M T W TH F S S

Notes:

Don't forget to share your progress on Twitter, Instagram or Facebook and use **#AMAZFITCHALLENGE** for a chance to win!

do 2-3x

every day