

AMAZFIT Summer Fitness CHALLENGE

#Week 3

do 1x

BORROW-A-BIKE TOUR:

While on vacation (or even just around your town)

Take some time to rent a bike

Head out on an intimate 20K cycling exploration



Miles traveled _____ Calories burned _____ Time _____

Biking Location _____

do 2-3x

CELEBRATE THE WORLD CUP

Arrange a scrimmage or casual games of 5-on-5 soccer with friends or family

Learn the rules of the sport

Abide by them!

Number of Games _____ Calories burned _____

Team Name _____ Time _____

Days completed (circle all that apply):

M T W TH F S S



Take your "beautiful game" to the next level with a special soccer-tracking feature on the Amazfit Stratos. Track 13 other sports, as well!

Buy an Amazfit Stratos Today!



every day

GET TO WORK

Go through the balance circuit

Take a 30-minute "walking meeting" with colleagues

Walk or bike to work at least one day this week



Leg Balance:

Try 1 leg balance for 60 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!