

AMAZFIT Summer Fitness CHALLENGE

#Week 4

do 1x

DASH AND SPLASH

Get in a "surf and turf" workout

Run a 5K in the morning before the heat sets in

Take a dip in the pool for a refreshing 1K swim



Miles traveled _____ Calories burned _____

5k time _____ 1k time _____

Get Smart About Your Water Workout: The Amazfit Stratos is fully waterproof up to 50m to track your swims - distance, stroke rate, lap times, and many more!

Buy an Amazfit Stratos Today!



do 2-3x

4X4 PLYOMETRIC CIRCUIT

Choose 4 different exercises

Do each exercise for 2 minutes daily

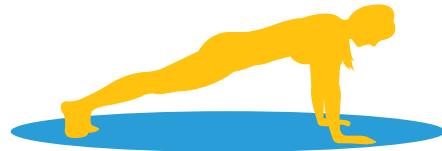
Take a 2-min walking break between each

Reps _____ Sets _____ Time _____ Calories burned _____

- Jump Squats Burpees Jumping Jacks Plank Jacks
- Lunge Jumps Explosive Push-Ups

Days completed (circle all that apply):

M T W TH F S S



every day

KEEP ON MOVING

Go through the balance circuit

Take a 30-minute "walking meeting" with colleagues

Walk or bike to work at least two days 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!