

AMAZFIT Summer Fitness CHALLENGE

#Week 7

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 1x

GREAT OUTDOORS TRIATHLON

- Set out on an adventurous half-day triathlon in nature
- Hike for 5k, cycle for 30k, and paddle for 3k
- Just watch out for bears!



Miles traveled _____ Calories burned _____ Time _____

How was it? _____

do 2-3x

4X4 CORE CIRCUIT

- Choose 4 different exercises
- Do each exercise for 4 minutes daily
- Take a 3-min walking break between each

Reps _____ Sets _____ Time _____ Calories burned _____

- Exercise Ball Planks
- Jackknives
- Super Planks
- V-Ups
- Barbell Roll-Outs

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



every day

KEEP IT MOVING

- Go through the balance circuit
- Hold a wall squat for 30 - 60 seconds
- Jog in place for 2 minutes 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!