

AMAZFIT Summer Fitness CHALLENGE

#Week 1

do 1x

NEIGHBORHOOD JOG

Take a 30-minute jog around the neighborhood

Catch up with friends and neighbors

See if you can recruit a few to join you



Miles traveled _____ Calories burned _____ Time _____

Recruits _____

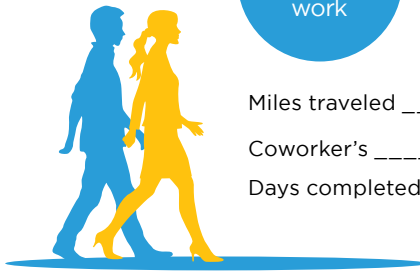
do 2-3x

TAKE WORK OUTDOORS

Start a new custom at work

Have 30-minute walking meeting

Cap it off with an outdoor lunch



Miles traveled _____ Calories burned _____ Time _____

Coworker's _____

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

See how productive you are during your walking meetings with an Amazfit smartwatch - track distance, calories burned, and much more!



Buy an Amazfit Stratos Today for 20% off!

every day

1X4 CORE CIRCUIT

Choose 4 different exercises

Do each exercise for 1 minute daily

Take a 2-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



Notes:

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