

AMAZFIT Summer Fitness CHALLENGE

#Week 2

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 10K cycling exploration

Get Smart about your Workout: The Amazfit Stratos can track every aspect of your bike rides - distance, pace, elevation, ride times, and more!

Buy an Amazfit Stratos Today!



Miles traveled _____ Calories burned _____ Time _____

Biking Location _____



do 2-3x

CELEBRATE THE WORLD CUP



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

Learn the rules of the sport

Abide by them!

Number of Games _____ Calories burned _____ Time _____

Team Names _____

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

every day

1X4 PLYOMETRIC CIRCUIT

Choose 4 different exercises

Do each exercise for 1 minute daily

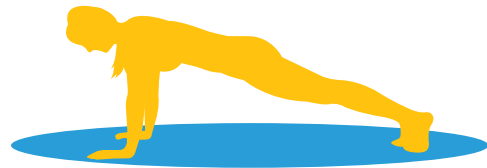
Take a 2-min walking break between each

Reps _____ Sets _____ Time _____ Calories burned _____

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



Notes:

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