

AMAZFIT Summer Fitness CHALLENGE

#Week 3

do 1x

TRY A NEW SPORT

Take a lesson or rent equipment if necessary

Need inspiration? Take our New Sport Finder quiz

Enjoy the new sport

Calories burned _____ Time _____

New Sport _____



Get Smart about your Workout: The Amazfit Stratos can track your progress with 14 different sports - tennis, running, cycling, swimming, and more!



Buy an Amazfit Stratos Today!

do 2-3x

HAVE A FITNESS DATE



Rent a bike or two

Ride out to a park

Enjoy a romantic picnic

Miles traveled _____ Calories burned _____ Time _____

Park Location _____

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

every day

2X4 CORE 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 _____

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!