

# AMAZFIT Summer Fitness CHALLENGE

## #Week 4

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

**Buy an Amazfit Stratos Today!**



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 30-minute swim



Miles traveled \_\_\_\_\_ Calories burned \_\_\_\_\_  
 5k time \_\_\_\_\_ 1k time \_\_\_\_\_

do 2-3x

### TIME FOR SUMMER CLEANING



Tidy up the house

Clean up the yard

Give your car a wash

Steps counted \_\_\_\_\_ Calories burned \_\_\_\_\_ Time \_\_\_\_\_  
 Things Cleaned \_\_\_\_\_  
 Days completed (circle all that apply): M T W TH F S S

every day

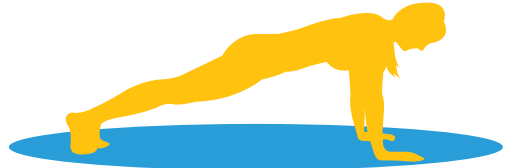
### 2X4 PLYOMETRIC CIRCUIT

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

**Notes:**

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