

AMAZFIT Summer Fitness CHALLENGE

#Week 6

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

HIKE WITH THE FAMILY

Enjoy the summer weather, take the family outdoors

Go to a local park to walk/hike around

Explore some of the amazing wildlife



Miles traveled _____ Calories burned _____ Time _____
 Park Name _____
 Days completed (circle all that apply): M T W TH F S S

every day

2X4 PLYOMETRIC CIRCUIT

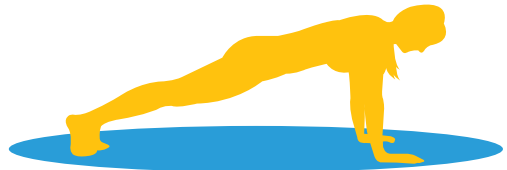
Choose 4 different exercises

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:

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