

AMAZFIT Summer Fitness CHALLENGE

#Week 7

do 1x

WEB WORKOUT



Try out a new online workout video/app

Use an online fitness tracking site to set new goals

Enjoy your workout!

Miles traveled _____ Calories burned _____ Time _____

What was the drawing of? _____

Make Some Smart Art: The Amazfit Stratos, BIP, and Pace come with a built-in GPS so you can save your GPS routes (or upload a pre-planned route)!

Buy an Amazfit Smart-Watch Today!



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:

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