

# OutFIT Marin Boot-Camp

## STRONGER SUMMER CHALLENGE

### 30 DAY WORKOUT PLAN

#### DAYS 1-5

DAY 1

#### 12 Minute - AMRAP

10 Burpees  
20 Jumping Jacks  
30 Mtn Climbers  
40 Touch the Ground Jump Squats

DAY 2

#### Four Rounds of Fun

10 Pushups  
20 Bicycles  
30 Prisoner Squats  
40 second Plank

DAY 3

#### Sun Salutation

Find your groove and chill. Visit  
<https://www.youtube.com/watch?v=8AakYeM23sl>

DAY 4

#### Higher and Higher

High Knees, Wide Squats  
High Knees, Pushups  
High Knees, Hip Lifts  
High Knees, Plank  
30 seconds each exercise/ 4 times through

DAY 5

#### Choices, Choices

Add 4-6 speed intervals, or  
do 4-6 hill repeats (fast up, easy down)

For my swimmers, use a buoy on your  
legs and power with your armst

## NOTES

### Stronger Summer Challenge!

Here's the deal. We are starting this bad boy on June 1st but feel free to hop in at any time.

You'll note the days are not dated so no stress right?

The workouts are designed to help you build strength and supplement what you are already doing.

If you are attending boot-camp, score, you've got your Mon, Wed, Fri and Sat taken care of. (How cool that I'll incorporate each workout in class!)

On June 6th the next 5 days will be posted and so on through the entire month of June.

Questions? Drop me an email.  
Prizes? If I said the prize was just participating would you want to throw a kettlebell at me? So we'll go with maybe prizes.

Have fun!