

OutFIT Marin Boot-Camp

STRONGER SUMMER CHALLENGE

30 DAY WORKOUT PLAN

DAYS 11-15

DAY 11

Short and Sweet 3 Rounds

Hop Over a Line and Back - 15 seconds
1 Burpee
Do this 5 times, that's 1 round
(You're doing 3 rounds total)

DAY 12

10 minute AMRAP

Jumping Jacks (30 sec)
Prisoner Squats (30 sec)
Pushups (30 sec)
Reverse Lunges (30 sec)
Stick Ups (30 sec)

DAY 13

Pick 1 - Run, Walk, Bike, Swim

Warm up for 10 minutes
Add **2 minute fast intervals**
every 5 minutes (do this 4 times)
Cool down for 5-10 minutes

DAY 14

Four Rounds of Fun

10 Pushups
20 Bicycles
30 Prisoner Squats
40 second plank

DAY 15

Sun Salutation

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

NOTES

Stronger Summer Challenge!



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!