

OutFIT Marin Boot-Camp

STRONGER SUMMER CHALLENGE

30 DAY WORKOUT PLAN

DAYS 16-20

DAY 16

Pick the workout from the previous
2 weeks that you hated.
Do it again.

We often hate what we need most.

DAY 17

It's Father's Day so call your Dad
and hug your husband.

Oh, and take a break.
Today is a rest day.

DAY 18

Runsies

Run 15 minutes. Even if your run looks
more like a shuffle or you could get to
your destination faster by walking.
Just move.

DAY 19

Sun Salutation

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

DAY 20

Tabata

Total Body Extensions
Burpee with Jumping Jack
- Do each exercise for 20 seconds on
10 seconds off for 8 rounds before
moving to the next

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!