

OutFIT Marin Boot-Camp

STRONGER SUMMER CHALLENGE

30 DAY WORKOUT PLAN

DAYS 21-25

DAY 21

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 22

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

DAY 23

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

We often hate what we need most.

DAY 24

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

DAY 25

Find a hill.
Doesn't matter how steep or long.
Run up it fast, walk or slowly run down
Do this 5 times

NOTES

**Stronger Summer
Challenge!**

**“SWEAT,
SMILE
AND
REPEAT.”**

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!