

OutFIT Marin Boot-Camp

STRONGER SUMMER CHALLENGE 30 DAY WORKOUT PLAN DAYS 6-10

DAY 6

10 minute AMRAP

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

DAY 7

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 8

Sun Salutation

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

DAY 9

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

DAY 10

Take a break.
You've earned it!

NOTES

Stronger Summer Challenge!

Hey, great job!

I received some comments
that the workouts last week
were pretty intense. Yes.
They were.

If you find that you are
unable to do the exercises
scheduled or for the time or
rounds indicated, cut it
short and do what works for
you. Even doing half is
better than none. Keep
working at it and you will
get stronger.

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!