

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

Build strength, gain flexibility and
find your namaste.
<https://youtu.be/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!