

SUMMER CHALLENGE CARDIO WORKOUT

Easy Run X 10 minutes
Run Strong (push a little harder) x 5 minutes
Easy run X 5 minutes

On Park Bench or Elevated Surface
20 Push ups
30 Tricep dips
25 Knees up each side

Run easy X 4 minutes
Run stronger X 8 minutes
Run hard X 1 minute
Run easy X 1 minute

On Park Bench
30 Dips
30 Push ups
30 Standing oblique crunches each side
30 Deep Squats tapping rear on bench

Cool Down and Stretch