



Simple Summer Workout

To make your workout more interesting bring a phone and set a timer

Round #1

1. Walk or run

2 minutes regular fitness stride/ 1 minute strong/ 1 minute recovery.
Continue sequence for 10 minutes

2. Stop for push ups-perform for 20-30 seconds

Beginner— off back of park bench or wall

Intermediate— use bench seat

Advanced—full push up or on knees from ground

Walking lunges x 20 or 1 minute. Bring back knee down

Repeat everything or do move on to Round #2

Round #2

1. Repeat walking or jogging sequence

2. Mountain climbers on bench or ground x 30 (drive knees into chest)

3. Squats x 30

Beginner—Boot slappers, low impact touch ankles and knees

Intermediate—sit low lift heels and reach arms overhead as you come up

Advanced—squat jumps side to side or in place

4. Knees up x 30 each side

Beginner—flat surface

Intermediate—1 foot on curb

Advance—1 foot on bench