

OUTDOOR WORKOUT

3 Rounds:

Forward Lunge with twist x12/leg

Fast squat x20

Walk a lap (.25 miles)

3 Rounds:

Tricep dips x12

Push-ups x12

Walk a lap (.25 miles)

3 Rounds:

Lunge pulse x12/leg

Squat with side kick x12/leg

Walk a lap (.25 miles)

3 Rounds:

Plan shoulder taps x20

Plank punches x20

Walk a lap (.25 miles)

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Travel often. Eat well. Be active.

OUTDOOR WORKOUT

3 Rounds:

Sprint down - jog back (choose your length)

Speed squats x12

Step-ups x10/leg

3 Rounds:

Sprint down - jog back (choose your length)

Tricep push-ups x10

Plank shoulder taps x20

3 Rounds:

Sprint down - jog back (choose your length)

Arm punches x30

Squat + reach to heels x10/side