

Summer

FITNESS CHALLENGE



For many, summer conjures images of beaches and bikinis, patio weather, BBQs and more time outdoors. Some of us naturally stay active in the summer, hiking, playing soccer or swimming, but we can also over indulge in BBQs, patio food and the worst physique buster of them all – booze. Without the right balance, you ruin your summer body before it starts.

WE'RE HERE TO KEEP YOU ON TRACK!

We've put together this exhilarating summer fitness challenges that will keep you fit and ready for beach day all season long. Lace-up your sneakers, grab your water bottle, and get ready to embrace the beauty of summer while staying active and healthy.



Workout #1 : 28-Day Summer Fitness Challenge

This 28-Day Fall Fitness Challenge provides a well-rounded fitness plan, including strength, cardio, agility, and mindfulness components, to help participants improve their overall fitness and well-being.

WEEK 1 - FOUNDATION

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
FULL BODY STRENGTH Push-ups: 3 sets of 10 reps Bodyweight Squats: 3 sets of 15 reps Plank: Hold for 30 sec Rest: 1-2 minutes between sets	CARDIO KICKSTART 20-minute brisk walk or jog in your local park, beach or nature trail	YOGA & MOBILITY 20-minute yoga session focusing on flexibility and mobility	LOWER BODY STRENGTH Lunges: 3 sets of 12 reps per leg Glute bridges: 3 sets of 15 reps Rest: 1-2 minutes between	CARDIO INTERVALS HIIT Session: High-intensity interval training 30 seconds Jumping Jacks 30 seconds Mountain Climbers Repeat for 15 minutes	ACTIVE RECOVERY Light stretching or yoga for 20-30 minutes	REST & REFLECT Rest day to recover and reflect on your fitness goals

WEEK 2 - INTENSITY & ENDURANCE

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
UPPER BODY STRENGTH Push-ups: 3 sets of 12 reps Dumbbell Rows : 3 sets of 12 reps per arm Rest: 1-2 minutes between sets	CARDIO CHALLENGE 30-minute run or brisk walk with varied terrain (if possible)	CORE & FLEXIBILITY Plank variations side plank, forearm plank, high plank 3 sets — hold each for 30 seconds Yoga or stretching for 20-30 minutes	FULL BODY HIIT HIIT Session: 30 seconds of squat jumps 30 seconds of burpees Repeat for 15 minutes	CARDIO ENDURANCE 40-minute bike ride or stationary bike session	ACTIVE RECOVERY Light yoga or stretching for 20-30 minutes	REST & REFLECT Rest day to recover & reassess your progress



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WEEK 3 - POWER & AGILITY

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
LOWER BODY POWER	CARDIO HILL SPRINTS	UPPER BODY & CORE	AGILITY DRILLS	ACTIVE RECOVERY	REST & REFLECT	FULL BODY POWER
<p>Jump Squats: 3 sets of 10 reps</p> <p>Lateral Leg Raises: 3 sets of 12 reps per leg</p> <p>Rest: 1-2 minutes between sets</p>	<p>Find a hill and sprint up for 20 seconds, then walk or jog down for recovery. Repeat for 15 minutes</p>	<p>Push-ups: 3 sets of 15 reps</p> <p>Plank variations: 3 sets, holding each for 45 seconds</p> <p>Rest: 1-2 minutes between sets</p>	<p>Set up cones or markers for agility drills, like ladder drills, cone zig zags, or shuttle runs.</p> <p>Perform drills for 20 minutes</p>	<p>Yoga or stretching for 20-30 minutes</p>	<p>Rest day to recover and reflect on your achievements.</p>	<p>Burpees: 3 sets of 10 reps</p> <p>Medicine Ball Slams: (if available) 3 sets of 10 reps</p> <p>Rest: 1-2 minutes between sets</p>

WEEK 4 - PEAK PERFORMANCE & MINDFULNESS

DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
CARDIO PEAK	MINDFULNESS & RECOVERY	FULL BODY HIIT	CARDIO ENDURANCE	ACTIVE RECOVERY	REST & REFLECT	CHALLENGE CONCLUSION
<p>45-minute challenging hike or trail run (if available)</p>	<p>15-minute mindfulness meditation or deep breathing exercises</p> <p>Yoga or stretching for 20-30 minutes</p>	<p>HIIT Session: 40 seconds of jumping lunges 20 seconds of rest</p> <p>Repeat for 20 minutes</p>	<p>60-minute bike ride or longer-distance run</p>	<p>Light yoga or stretching for 20-30 minutes</p>	<p>Rest day to recover and reflect on your 30-day fitness journey</p>	<p>Reassess your fitness goals and celebrate your achievements.</p> <p>Consider setting new fitness goals for the upcoming season.</p>