



WEEK 3: HEAVY HITTER

ON YOUR MARKS

This workout is about duration, not speed! We want you to spend 30 minutes straight doing physical activity. If you need to take a break, try to keep moving while catching your breath!

1 Complete Dynamic Warm Up

2 Pick from the list of exercises to do for 30 minutes!

- Walk
- Run
- Walk-Run
- Biking
- Rolling/Wheeling
- Paddling
- Roller Skating / Roller Blading
- Swimming
- Dancing
- Jump Rope
- Stairs



Good Work!
Time to Cool Down



Good Work! Take a Break &
Go for 1 More Round!



Good Work! Take a Break
& Keep Going!

