OUTDOOR WORKOUT BY AMY
Run or Walk outside. Complete the following exercises along your route. You can do the total amount of reps all at once, or you can split it up into sets.

WALKING LUNGES X30

PULL UPS (AS MANY AS YOU CAN) OR HOLD ON AND HANG FOR 30SEC

PUSH UPS X30

LATERAL JUMP OVERS X30
BUTT KICKS X50

TREE CLIMBERS X20
(MOUNTAIN CLIMBERS UP THE TREE)

BALANCE X5
(WALK ACROSS SOMETHING)

CRAWL UNDER SOMETHING X10