

28 day Outdoor Stay-Fit Plan

simply (FIT)

Day 1 Run/Walk 1 mile .5 mile walk/.5 jog OR all walk all jog	Day 2 10 push-ups 15 tri-cep dips on bench or stairs 30 lunges and 30 squats + Repeat day one	Day 3 Bike 5 miles OR Jog.5 miles/Walk .5 miles Run OR walk .5 miles Total 1.5 miles! Plank for 2 minutes total	Day 4 12 push-ups 15 Tri-cep Dips 40 Squats/40 Lunges Repeat Day 3!	Day 5 Repeat Day 3!	Day 6 14 push-ups 20 Tri-cep Dips 50 Squats/50 Lunges Run/Bike/Walk for 35 minutes	Day 7 REST. OR repeat Day 1
Day 8 Run /Walk 2miles Plank 2 minutes/10 Burpees	Day 9 15 push-ups 25 tri-cep Dips 50 lunges/50 Squats +Repeat Day 8	Day 10 Bike 5 miles OR Jog/ Walk /Run—Alternate Every 2 min. for 2.5 miles + Plank 3 minutes	Day 11 18 push-ups 30 tri-cep dips 60 lunges/60 Squats +Repeat day 10	Day 12 Repeat Day10!	Day 13 20 push-ups 30 tri-cep dips 60 lunges/60 Squats 10 Burpees Run/Bike/Walk 40min.	Day 14 Repeat Day 8 OR Rest
Day 15 Run/Walk 2 miles Plank for 2 minutes/15 burpees	Day 16 25 push-ups 35 tricep dips 30 burpees/30 squats/ 30 lunges total + Day 15	Day 17 Bike 6 miles Walk/ Run/Jog Alt. Every 2 minutes for 2.75 miles+ Plank 4 minutes	Day 18 30 push-ups 35 tri-cep dips 40 burpees/40 Squats/40 lunges +Repeat day 17!	Day 19 Repeat Day 17!	Day 20 35 push-ups 35 tri-cep dips 50 burpees/lunges/ squats!!!! Bike/Run/ Walk 45 min.	Day 21 Repeat Day 15 or REST.
Day 22 Run/Walk/Jog 2.25 miles	Day 23 40 push-ups/40 Tri- cep Dips Plank for 5 minutes 50 Squats/lunges/ Burpees + Repeat Day 22	Day 24 Bike 8 miles! OR Every two minutes alternate run/walk/jog for 3 miles + Plank 1 min. after each 1/2 mile	Day 25 Find a hill. Run up and down for 25 minutes. Light jog or walk for 15minutes.	Day 26 Repeat day 24	Day 27 Walk/Bike/Run – choose! 50minutes 50 push-ups/tri-cep dips/squats/lunges/ burpees	Day 28 RUN 3.1 miles. You just ran OR walked a 5k! YAY!