

Summer Sweat & Shine
6-Week | Sweat FIT Guide

Mon, June 22nd – Sat, August 1st, 2020

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
(1) June 22							
(2) June 29	“Make-It-Happen-Monday”		“Work-On-It” Wednesday	“Tabata Together” Thursday		Saturday Step-Up	Sunday Fun-Day!
(3) July 6	<u>Summer Fit HIIT</u>	<u>Summer RISE Surprise</u>	Today is ALL about sweat! Get your heart pumping hard, so you get ALL those Re-FRESH-ing endorphins that follow.	Choose any activity that makes you smile & gets you moving!
(4) July 13	Do the “Make-It-Happen-Monday”	Every Tuesday	Pick one fitness goal & work on it every Wednesday during the series!	Grab a pal & Tabata together (virtual or in-person)!	Every Friday		
(5) July 20	Workout on the ‘SS&S’ FB Group	EVENING @7pm MST	Ex. Push-ups, improving running distance or time, number of stairs, waking up early to sweat, etc.!	*There are 3 Tabata workouts on the Osophē website to choose from!	MORNING @7am MST	Go for a hike, walk stairs, jog or anything else that brings on the glow. Aim for 30 – 60 minutes and make sure to hydrate with lots of water afterwards!	
(6) July 27		<u>Facebook Live</u>			<u>Instagram Live</u>		

Note:

- Aim to move at least 30 minutes per day ☺
- ‘SS&S’ FB Group = Summer Sweat & Shine 2020 Facebook Group

