

Love Where You Live

Ease Into It

5 min walking warm-up
3 min jog
2 min walk
3 min run
2 min walk
4 min jog
2 min walk
4 min run
5 min walking cool down

Up for a Challenge

3-mile run
Every 5 minutes stop and do 25 squats

Lunges for Days

.5-mile run
50 walking lunges
.5-mile run
50 walking lunges
.5-mile run
50 walking lunges

Jog + Burpee

10 burpees
4 min jog
15 burpees
4 min jog
20 burpees
4 min jog
15 burpees
4 min jog
10 burpees

Fitness Disclaimer

The Site cannot and does not contain fitness/health advice. The fitness/health information is provided for general informational and educational purposes only and is not a substitute for professional advice.

Accordingly, before taking any actions based upon such information, we encourage you to consult with the appropriate professionals. We do not provide any kind of fitness/health advice. The use or reliance of any information contained on this site is solely at your own risk