

Take advantage of the beautiful weather and hit the trail or track for your next workout. But don't just walk or run, spice it up and step out of your comfort zone with strength intervals. This is a great way to challenge yourself and make your workout fun!

The below workout should take about 15 minutes. Try completing it twice for a great 30 minute workout!

#### **Trail Workout**

EXERCISE	TIME/REPS
Walk or Run	2 min
Squats	25 reps
Walk or Run	2 min
Pushups (on ground or park bench)	15 reps
Walk or Run	1 min
SPRINT!	30 seconds
Walk or Run	1 min
Walking Lunges	20 each leg
Walk or Run	2 min
Burpees	10 reps
Walk or Run	2 min
Plank Mountain Climbers	20 each leg
Report or walk to cool down	

Repeat or walk to cool down

## **Exercises**

# SLAINTE FITNESS

### Squat



### Pushup

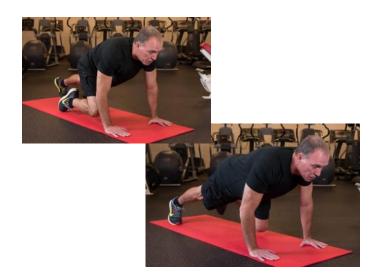


## Walking Lunge





#### **Mountain Climber**



#### **Burpee**





