

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 |
| Repeat or walk to cool down       |             |

## Squat



## Pushup



## Walking Lunge



## Mountain Climber



## Burpee

