

SWEAT GO

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**SUMMER HOLIDAY
SPECIAL EDITION!**

SUMMER HOLIDAYS ARE HERE!

If you are staying in Singapore or travelling the world we have your sweaty plans covered. Save this PDF to your device and have it ready to go, workouts are all bodyweight, no equipment required. We got you!

SWEATHIT GOES ON SUMMER HOLIDAYS

Spend 5 minutes focusing on mobility and dynamic stretching with Sweat Co's IGTV follow along vid. Session should take 40 mins to complete including warm up and cool down.

PART ONE

30 x Slow Mountain Climbers // MOD: Elevate MC

10 x Crab Toe Touches // MOD: Crab Kicks

10 x Jump Squats // MOD: Squats

2-3 ROUNDS

**** 40m sprint ****

PART TWO

30 x High Knees // MOD: High Knee March

10 x Alternating Side Planks // MOD: Plank From Knee

10 x Ab Toe Touches // MOD: Bent Knees

2-3 ROUNDS

**** 40m sprint ****

PART THREE

30 x Skaters // MOD: Step out Skaters

10 x Plank to Downward Dog Toe Touch // MOD: Table Top to D/Dog

10 x Bicycles // MOD: Cross Body Crunches

2-3 ROUNDS

**** 40m sprint ****

COOLDOWN

Do not skip your cool down, use the follow along cool down vid on Sweat Co IGTV.

SWEATSTRONG GOES ON SUMMER HOLIDAYS

Spend 5 minutes focusing on mobility and dynamic stretching with Sweat Co's IGTV follow along vid. Session should take 40 mins to complete including warm up and cool down.

PART ONE

- 10 x R Reverse Lunge Knee Drives // MOD: Reverse Lunge Only
 - 10 x Inchworms // MOD: Reverse Lunge Only
 - 10 x L Reverse Lunge Knee Drives // MOD: Reverse Lunge Only
 - 10 x Plank Thrusters // MOD: Step it Out
- 2 ROUNDS**

PART TWO

- 10 x R Side Plank Reach Throughs // MOD: Plank From Knee
 - 20 x Walking Lunges
 - 10 x L Side Plank Reach Throughs // MOD: Plank From Knee
 - 10 x Burpees // MOD: Elevate & Step it Out
- 2 ROUNDS**

PART THREE

- 10 x R Single Leg Glute Bridge // MOD: Glute Bridge
 - 10 x Deadbugs // MOD: Feet on Ground
 - 10 x L Single Leg Glute Bridge
 - 10 x Russian Twists // MOD: Heels on Ground
- 2 ROUNDS**

COOLDOWN

Do not skip your cool down, use the follow along cool down vid on Sweat Co IGTV.