

# FIT CHICKS®

## "Full Body Track Workout" WORKOUT

Here is a great workout you can take outside! Head over to the local track on the weekend. If the track isn't an option, you can do the cardio portion on a treadmill!

400m sprint (or 2 minute walk/run on treadmill)

60 seconds squats

400m sprint (or 2 minute walk/run on treadmill)

60 seconds push ups

400m sprint (or 2 minute walk/run on treadmill)

60 seconds alternating lunges

400m sprint (or 2 minute walk/run on treadmill)

60 seconds dips

400m sprint (or 2 minute walk/run on treadmill)

*Choose your intensity!*

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Level 1 - power walk as fast as you can

Level 2 - jog

Level 3 - sprint as fast as you can!

[www.fitchicks.ca](http://www.fitchicks.ca)

