

25 Exercises to Do Before Summer is Over

Get your sweat on with these 25 exercises before summer comes to an end.
Message Sara on Facebook or Instagram @sarahaleyfit if you have any
questions about the exercises.

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| <input type="checkbox"/> 1. Burpees | <input type="checkbox"/> 13. Squat Jumps |
| <input type="checkbox"/> 2. Reverse Flies | <input type="checkbox"/> 14. Hammer Curls |
| <input type="checkbox"/> 3. Walking Lunges | <input type="checkbox"/> 15. Side Lunges |
| <input type="checkbox"/> 4. Jumping Jacks | <input type="checkbox"/> 16. Mountain Climbers |
| <input type="checkbox"/> 5. Push Ups | <input type="checkbox"/> 17. Tricep Dips |
| <input type="checkbox"/> 6. Sumo Squats | <input type="checkbox"/> 18. Fire Hydrant Leg Lifts |
| <input type="checkbox"/> 7. Toe Taps | <input type="checkbox"/> 19. Forearm Plank Jacks |
| <input type="checkbox"/> 8. Renegade Rows | <input type="checkbox"/> 20. Front Shoulder Raises |
| <input type="checkbox"/> 9. Bridges | <input type="checkbox"/> 21. Side-lying Leg Lifts |
| <input type="checkbox"/> 10. Side Shuffles | <input type="checkbox"/> 22. High Knee Runs |
| <input type="checkbox"/> 11. Military Presses | <input type="checkbox"/> 23. Lateral Shoulder Raises |
| <input type="checkbox"/> 12. Curtsey Lunges | <input type="checkbox"/> 24. Split Squats |
| <input type="checkbox"/> 25. Tuck Jumps | |

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