Workout # 1

* 2 mile run
* 3 rounds of the following:
  + 4 sprints
  + 10 burpees
  + 25 jumping jacks
  + 1 minute plank

Workout # 2

* 5 rounds of the following:
  + 20 seconds of burpees
  + 20 seconds of pushups
  + 20 seconds of air squats
  + 20 seconds of jumping lunges
  + 30 seconds of planks
  + 30 seconds of suicides
  + 1 minute rest

Workout # 3

* Run to the beach (.5 mile)
* 4 rounds of the following
  + 10 push-ups
  + 10 lunges
  + 10 air squats
  + 10 lunges
  + 2 sprints
* Run to back to beach house (.5 mile)