



OutFIT Marin

Boot-Camp

June 1, 2015

Bodyweight Express Challenge Workout

Here is your Bodyweight Express Challenge Workout for today:

- Squats – 15 seconds
- Squat hold – 15 seconds
- Pushup – 8 repetitions
- Plank – 30 seconds

Beginners: Perform this circuit **4 times** through with no break

Intermediate: Perform this circuit **6 times** through with no break

Advanced: Perform this circuit **8 times** through with no break

How To Do the Exercises

Squats

1. Stand with your feet hip-width apart, place your hands on your hips
2. Keeping your weight in your heels, press your tush back as you squat down as low as is comfortable.
3. Using your thighs (not your knees) press back up into standing and squeeze your tush at the very top (this will help activate and strengthen your tush)
4. Repeat for 15 seconds
5. Hold at the bottom for 15 seconds

Pushups – 2 different options

On your Knees:

1. Start on all fours with your hands just outside of your chest, above the mid line of your chest
2. Walk your hands out so that your back is flat, keeping your legs pressed together as you bring your feet up towards your tush
3. With a flat back, release down, trying to get your chest towards the ground as far as you can

4. Exhale as you push back up to the top of the movement
5. Repeat

Military Style:

1. Get into your high plank position with your hands just outside of your chest, above the mid line of your chest
2. Press your feet and legs together
3. With a flat back, release down, trying to get your chest towards the ground as far as you can
4. Exhale as you push back up to the top of the movement
5. Repeat

Tips: Keep your head and neck relaxed, your eyes should gaze about 6-10 inches in front of you (this will keep your back flat – staring down at the ground causes your back to round)

Plank

1. Hold yourself in the “up” position of a pushup, hands under our slightly in front of your shoulders, fingers spread, apart, pointing forward (do NOT turn your hands toward each other or away from each other).
2. Press your feet, knees and thighs together
3. Draw your shoulders down away from your ears and engage your shoulder blades so they are slightly pulling toward each other
4. Lift your belly up nice and tight, pulling your belly button toward your spine
5. Keep your tush down so it’s in line with your spine
6. Breathe.

Keli Honsberger and OutFIT Marin Boot-Camp strongly recommends that you consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise.

Keli Honsberger and OutFIT Marin Boot-Camp is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Keli Honsberger and OutFIT Marin Boot-Camp from any and all claims or causes of action, known or unknown, arising out of Keli Honsberger and OutFIT Marin Boot-Camp negligence.