



# OutFIT Marin

## Boot-Camp

June 9, 2015

### Bodyweight Express Challenge Workout

Here's your Bodyweight Challenge Workout for today:

- T-pushups – 6 repetitions
- Squat jumps – 6 repetitions
- Bodyweight squats – 6 repetitions
- Dolphin Leg Lifts – 6 repetitions

**Do this sequence for 12 minutes**

#### How To Do the Exercises

##### **T - Pushups**

1. Get in a pushup position, with your feet and hands on the floor
2. Brace your belly, lift your left hand off the ground and as you lift your arm to the sky, let your body follow
3. Replace your left hand back, do a pushup and then repeat on the right side – that's a 1 count

##### **Squat Jumps**

1. Stand with your feet hip-width apart, place your hands on your hips
2. Bend your knees slightly
3. Keeping your hands on your hips, push your feet away from the ground and give a little jump
4. Land softly, bend your knees and immediately pop back up
5. Repeat quickly for 6 repetitions

##### **Bodyweight 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

## Dolphin Leg Lifts

1. Get into a downward facing dog pose and step your feet in so they are comfortably resting on the ground
2. Brace your upper body, squeeze your legs and lift your left foot off the ground trying to lift it high behind you
3. Pause at the top and squeeze your hamstring and tush and replace your foot
4. Repeat on the right side – that's a 1 count
5. To make this easier on your shoulders, use a bench or coffee table to brace your hands

*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.*