



# OutFIT Marin

## Boot-Camp

June 11, 2015

### Bodyweight Express Challenge Workout

Walking Planks – 10 each direction

Roman Twists – 30

Plank - 45 seconds

Perform this sequence two times through.

#### How To Do the Exercises

##### **Walking Plank**

- Hold yourself in the “up” position of a pushup, hands under our slightly in front of your shoulders, fingers spread, apart, pointing forward
- Press your feet, knees and thighs together
- Draw your shoulders down away from your ears and engage your shoulder blades so they are slightly pulling toward each other
- Lift your belly up nice and tight, pulling your belly button toward your spine
- Drop your tush a bit keeping a nice long spine
- Focus on your belly button, pulling it up towards your spine
- Breathe
- From this position, take a “step” to the right by moving your right arm and right leg out to the side – stabilize your position and take another “step” to the right.

Do 10 “steps” to the right then do 10 “steps” to the left

##### **Roman Twists**

- Grab a soccer ball, kickball, medicine ball, a small child, or roll up a towel
- Sit on your tush, knees bent, feet on the floor
- Hold your object in front of you, arms bent at 90 degrees
- Lean back on your tush so you are balancing on the top of your butt cheek

- Hold to your object and turn to the right and bring your object down towards the ground, then come back across your body to the other side, bring your object down towards the ground - that's one count.



## Plank

- Hold yourself in the “up” position of a pushup, hands under or slightly in front of your shoulders, fingers spread, apart, pointing forward
- Press your feet, knees and thighs together
- Draw your shoulders down away from your ears and engage your shoulder blades so they are slightly pulling toward each other
- Lift your belly up nice and tight, pulling your belly button toward your spine
- Breathe – Hold position

### *Modifications for the Plank:*

1. *Get on all fours and alternate lifting your left arm straight out and lifting your right leg and pressing it straight behind you. Please keep your neck in neutral (lengthen your spine up to the base of your head and let your eyes gaze softly down to the ground).*

*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.*