



OutFIT Marin

Boot-Camp

June 12, 2015

Bodyweight Express Challenge Workout

Here's your Bodyweight Express Workout for today:

Part I

- Pushups - 8 reps
- Straight Punches - 30 reps
- Bodyweight Squat- 8 reps

*do this circuit as many times in 3 min rest 1 min between each circuit

Part II

- Single Leg Switch – 15 reps
- Core V – 15 reps
- Plank - 1 minute

*do this circuit 2 times through

How to do the exercises:

Pushups

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

Straight Punches

1. Stand with feet hip width apart, knees soft

2. Bend elbows in 90 degree angle, make fist
3. Start with your left arm, punching straight out from body, then punch out with the right side
4. Alternate (a left and a right punch is a 1 count)
5. Tips: Keep shoulders back and imagine you are making contact with something when you punch, you're not pawing like a kitten 😊

Bodyweight Squat

1. Stand with your feet just greater than shoulder-width apart.
2. Start the movement at the hip joint. Push your hips backward and "sit back into a chair". Make your hips go back as far as possible.
3. Squat as deep as possible, but keep your low back tensed in a neutral position.
4. Don't let your lower back become rounded.
5. Push with your glutes, hamstrings, and quadriceps to return to the start position.

Single Leg Switch

1. Lying on your back, place both hands on top of your knees
2. Lift chest and shoulder blades off the floor
3. Exhale, extend left leg out in front of you
4. Keep both hands on right knee firmly
5. Switch legs, extending the right leg, pulling the left knee in
6. Alternate Lets

Core – V

1. Sit straight with knees bent, feet flat on the floor
2. Interlace hands behind head
3. Keep head up
4. Extend your back, keep your shoulders down and chest open
5. Exhale and bring both knees up to chest, keeping knees pressed together
6. Inhale and lower feet to touch the ground
7. Repeat

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
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. 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.

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