



# OutFIT Marin

## Boot-Camp

June 13, 2015

### Bodyweight Express Challenge Workout

Here is your Bodyweight Express Workout for today:

- Burpees - 15 sec
- Deep lunge back foot to front (left side)- 30 seconds
- Deep lunge back foot to front (right side)- 30 seconds
- Rest 30 sec - Repeat 2X
- Reaching Pushups - 30 seconds
- Lateral Lunges - 30 seconds
- Knee to Chest, Knee to Elbow - 30 seconds
- Rest 30 sec – Repeat 2X

#### How To Do the Exercises

##### **Burpees**

1. Stand with your feet hip-width apart, arms above your head
2. Quickly bend over placing your hands flat on the ground
3. Bracing your abs, jump your feet back together so you are in a high plank
4. Immediately hop your feet back to your hands and stand up with a little hop
5. Repeat

##### **Deep Lunge – Back Foot to Front**

1. Stand with feet very wide in a deep lunge – front leg should be parallel to the ground
2. Bring your back foot onto the toes (keep that front leg parallel to the ground)
3. Place your hand on your front knee or down to the ground on either side of your front foot
4. Keep head up and bring that back foot to right behind the heel of your front foot, replace to the back, repeat.

**\*\*Keep the weight in your front leg, the other leg should be able to move freely from the back to the front**

5. After the allotted time, switch legs

### **Reaching Pushups**

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 and reach your left hand out in front of you - Do not change your body position, just reach.
5. Return your hand back and do another pushup, reaching with the other hand at the top of the movement
6. 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 and reach your left hand out in front of you - Do not change your body position, just reach.
5. Return your hand back and do another pushup, reaching with the other hand at the top of the movement
6. Repeat

### **Lateral Lunges**

1. Take your feet into a wide stance
2. Feet facing forward, knees over your feet
3. Keeping your head lifted, bend your right knee as you come into a side lunge, touching your left hand to your right instep
4. Keeping knees soft – slide over to the other side, touching your right hand to your left instep
5. Alternate to each side for the time allotted

**\*\*Note\*\*** keep your back flat and press down with your hand to your instep as you touch

6. DO NOT stand up in the middle, stay low and float to the other side.

### **Knee to Chest, Knee to Elbow**

1. From your high plank position (on your hands) lift your right leg and bring your knee as far up to your chest as you can

2. Extend the leg back behind you
3. Now bring that knee as far as you can to the outside of your right elbow.
4. Repeat this motion on the left side for the allotted time
5. Tip: Keep your spine long and lean. You should not be twisting or turning or rounding out your back during this exercise. The only movement is the legs.

### **Knee to Chest, Knee to Elbow**

6. From your high plank position (on your hands) lift your right leg and bring your knee as far up to your chest as you can
7. Extend the leg back behind you
8. Now bring that knee as far as you can to the outside of your right elbow.
9. Repeat this motion on the left side for the allotted time

Tip: Keep your spine long and lean. You should not be twisting or turning or rounding out your back during this exercise. The only movement is the legs.

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.