



OutFIT Marin

Boot-Camp

June 15, 2015

Here's your Bodyweight Express Workout for today:

- Front Kicks - 20 reps
- Mountain Climbers - 24 reps
- Jumping Jacks - 20 reps

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

- Spiderman Cross Climbers – 30 seconds

*do this 3 times through with 15 seconds rest in between

How to do the exercises:

Front Kicks

1. Stand with feet apart, knees slightly bent
2. Bring right knee up above belly button and snap the right leg out into a front kick
3. Replace to start, and repeat on the left side
4. Alternate for 20 times (the right and left is a 1 count)

Mountain Climbers

1. Brace your abs. Start in the top of the push-up position.
2. Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your chest. Do not let your hips sag or rotate.
3. Keep your abs braced and slowly return your leg to the start position.
4. Alternate sides until you complete all of the required repetitions.

Jumping Jacks

1. Stand with feet together and arms at your side
2. Jump your feet apart as you bring your hands above your head
3. Repeat

Spiderman Cross Climbers

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. Drop your tush a bit keeping a nice long spine
6. From this position, lift your right foot off the ground and bring your knee across your body towards your left shoulder
7. Press leg back to start position and repeat on the left side – moving quickly

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.