



# OutFIT Marin

## Boot-Camp

**June 16, 2015**

Here is your Bodyweight Express Challenge Workout for today:

### **AMRAP – (As Many Reps As Possible) in 12 minutes**

- 5 Tricep Dips
- 10 Inchworms
- 15 Alternating Rear Lunges or Exploding Lunges
- 20 Pushups
- 25 Bodyweight Squats

#### How To Do the Exercises

##### **Tricep Dips**

1. Sitting on a chair, grab onto its edge with your hands approximately shoulder width
2. Extend your feet out in front of you
3. Lower your body down by bending your elbows; stop when your upper arms are about parallel to the floor
4. Then, push back up and tighten your triceps.

##### **Inchworm**

1. This is a powerful stretch for your hamstrings, so go slow, and don't round your back.
2. Bend over and start in a modified push-up position, with your hands about a foot in front of your legs, with your hands out in front of your shoulders.
3. Keep your legs straight and walk your legs towards your hands.
4. Go until you get in the plank position, but don't round your lower back.
5. Walk your hands back to your feet
6. Stand Up
7. Repeat

##### **Alternating Rear Lunges**

1. Stand with your feet together, knees bent

2. Step your right foot back, dropping your front knee to a 90 degree angle as you bend your back knee towards the ground
3. Press up with your front leg as you bring your rear leg back up
4. Repeat on the other side – then alternate back and forth

### **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, trying to get your chest towards the ground – count 1 and 2 or 1 and 2 and 3 as you lower your chest to the ground (slow and controlled)
4. Exhale as you push back up to the top of the movement
5. Repeat

### **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

*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.*