



OutFIT Marin

Boot-Camp

June 17, 2015

Here's your Bodyweight Express Workout for today:

Do as many rounds you can in 12 minutes.

Round 1 – 5 reps, Round 2 – 10 reps, Round 3 – 15 reps, Round 4 – 10 reps, Round 5 – 5 reps

1. Close Grip Pushups
2. Bodyweight Squats w/ Alternating Knee Ups (Squat, Right Knee Up, Left Knee Up, Squat...)
3. Cross Climbers
4. Y Alternating Rear Lunge
5. Burpees

If you still have time after the last round, start back over with Round 1

How To Do the Exercises

Close Grip Pushups

1. Get into your high plank position with your hands close together
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

Bodyweight Squats w knee lift

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 halfway down
3. Using your thighs (not your knees) press back up into standing and lift your left knee up past your belly button
4. Replace leg and go back to squat, upon coming back up, lift other leg
5. Repeat

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. Focus on your belly button, pulling it up towards your spine
7. From this position, lift your right foot off the ground and bring your knee across your body towards your left shoulder
8. Press leg back to start position and repeat on the left side – moving quickly
9. A left and a right is 1 repetition

Alternating Y Rear Lunges

1. Stand with your feet together, knees bent
2. Raise your arms so they are in a Y position, lock your elbows, keep your shoulders down and chest open
3. Step your right foot back, dropping your front knee to a 90 degree angle as you bend your back knee towards the ground
4. Press up with your front leg as your bring your rear leg back up
5. Repeat on the other side – then alternate back and forth

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
5. Come back to standing
6. 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.