



OutFIT Marin

Boot-Camp

June 18, 2015

Here is your Bodyweight Express Challenge Workout for today:

- Reverse Lunge to Single leg walk out to push up to standing; Repeat on the other leg
- Mountain climbers x 20

Do this circuit as follows:

Round 1: Repeat circuit for 6 minutes with a 90 second rest at the end

Round 2: Repeat circuit for 4 minutes with a 60 second rest at the end

Round 3: Repeat circuit for 2 minutes with a 30 second rest at the end

How To Do the Exercises

Reverse Lunge to Single Leg Walk out to Pushup back to Standing

1. Start with your feet hip width apart, with hands by your side
2. Step back with your right foot back until your left thigh is parallel to the floor, and your right knee almost touches the floor
3. Make sure you keep yourself upright and core muscles engaged
4. Drive through the heel of your left foot and hinge forward at your hips and touch the floor with your palms
5. Walk your hands forward until you are supporting all your weight on your hands and left foot, in a plank position
6. Perform one push up, keeping your right foot off the floor
7. Walk your hands back up to start position and stand up, balancing on your left leg
8. Switch legs

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.

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.