



# OutFIT Marin

## Boot-Camp

**June 2, 2015**

### **Bodyweight Express Challenge Workout**

Legs and Core. What a great Tuesday!

Here's your Bodyweight Express Workout for today:

- Wide Squats – 30 seconds with a 30 second hold at the bottom
- Side Cross – 30 seconds each side
- Plank – 45 seconds
- Bicycle Crunch– 60 seconds

**Do this sequence 3 times through.**

#### How To Do the Exercises

##### **Wide Squats**

1. Stand with your feet far apart with your toes pointing out just a smidge
2. Extend your arms and clasp your hands, keeping your arms straight below shoulder height
3. Drop down to a very low squat while pressing your butt back and keeping the weight in your heels
4. From here, go down about 3 or 4 inches lower then come back up to start. This start position is that very low squat – do not straighten your legs and come back all the way up
5. Repeat for 30 seconds
6. Hold the squat at the lowest point for 30 seconds, ignore any burning or discomfort but STOP if you feel any sharp pains

\*keep your shoulders down and your torso upright – bending at the waist is NOT a squat, you need to bend those knees

##### **Side Cross**

1. Lay on your left side, feet stacked on top of each other
2. Your body should be in a straight line from shoulder, to hips, to knees to feet

3. Place your left hand under your left shoulder
4. Tighten your abs and lift yourself up – balancing on your feet and hand
5. Take right hand and point it straight up (you will look like a cross on its side)
6. Hold tight and maintain this position for 30 seconds

*Level 3: When in the cross position, lift the outside leg a few inches and hold it for all or part of the time.*

*Level 1: Bend the leg that's on the ground behind you (make sure your knees are touching) and squeeze your abs tight.*

*Level 1: Place your forearm on the ground, elbow under your shoulder and then lift, supporting yourself with your arm instead.*

## **Plank**

1. Hold yourself in the “up” position of a pushup, hands under your 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. Breathe

## **Bicycle Crunch**

1. Lay on your back, knees bent, feet flat on ground
2. Place hands behind head
3. Lift shoulders and head off the ground, lift feet off ground
4. Rotate your torso to the right so that your left elbow and right knee in the middle of your torso (this is the start position)
5. Keep left leg straight out, about 18 inches off the ground
6. Keeping abs tight, rotate torso to the left so that the right elbow is now meeting the left knee in the middle of your torso and left leg is now extended
7. Continue rotating so that opposite elbow and knee meets in the middle
8. Make sure that your extended leg is as low to the ground as can possibly be

*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.*