



OutFIT Marin

Boot-Camp

June 23, 2015

Bodyweight Express Challenge Workout

Today is a 2-part workout. Breathe. Focus. Finish.

Part I

Do 10 repetitions for each exercise as many times as you can in **8 minutes – no rest**

- Burpees with Jumping Jack
- Squat Pulse
- Pushups
- Jump Lunges

Part II

Do 10 repetitions for each exercise as many times you can in **5 minutes – no rest**

- Bodyweight Squats
- Spiderman Climbers

How To Do the Exercises

Part I

Burpees with Jumping Jack

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. As you come up do a jumping jack
6. Repeat

****If this is too intense drop the Burpee and do Jumping Jacks**

Squat Pulse

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
3. Using your thighs (not your knees) to pulse 5 times

Pushups

On your Knees:

1. Start on all fours with your hands just outside of your chest, above the mid line of your chest
2. Walk your hands out so that your back is flat, keeping your legs pressed together as you bring your feet up towards your tush
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

Military Style:

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 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

Tips: Keep your head and neck relaxed, your eyes should gaze about 6-10 inches in front of you (this will keep your back flat – staring down at the ground causes your back to round)

Jump Lunges

- Start with your feet apart about 24 inches apart with the left foot in front and right foot in rear – a wide stance will help create a solid base – bend your knees so you are in a low lunge position
- Pushing off with the front leg, jump up in the air and switch feet, landing again in that low lunge now with your right foot in front and your left foot in the rear
- Continue switching legs in midair and landing softly in that lunge position

Note - This is a quick, explosive movement and you will feel your heart rate rise quickly

*If this is too intense, eliminate the jump and do alternating rear lunges

Part II

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

Spiderman Climbers

1. Get into a high plank position
2. Lift your right foot off the ground, bend your knee and bring your knee to the outside of your right elbow – squeezing our right obliques as you do this
3. Press leg back to start position
4. Switch to your left leg
5. Alternate for a total of 15 repetitions total (a right and a left leg equals 1 count)

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.