



OutFIT Marin

Boot-Camp

June 24, 2015

Bodyweight Express Challenge Workout

Today is a K.I.S.S. workout. Keep it super simple.

- [Plank](#) – 40 seconds on/20 seconds off

Repeat this workout 5 times through – with no rest between

How to do the exercises:

Plank

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, think you are pulling your belly button to your spine
5. Breathe

If you find you cannot hold the full 40 seconds at any time, drop out for a 3 count then resume. Do this as often as necessary for the 40 seconds.

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.