



# OutFIT Marin

## Boot-Camp

June 25, 2015

### Bodyweight Express Challenge Workout

#### Just Abs.

- Reach Ups - 20
- Side Cross – 30 seconds
- Flutter Kicks - 15
- Reach Throughs - 20

**Repeat 3x through**

#### How To Do the Exercises

##### **Reach Ups**

1. Start on your back with arms and legs pointing towards sky or ceiling
2. Curl upper body and reach for toes with outstretched arms
3. Slowly return to starting position - stay slow and controlled!
4. Repeat

##### **Side Cross**

1. Lay down on your side
2. Using your elbow and forearm for support, lift your hips off the ground
3. Extend opposite arm to the sky
4. Tighten middle body to maintain well-aligned posture
5. Hold for 30 seconds
6. Switch Sides

##### **Flutter Kicks**

1. Lie down with hands under tush, palms facing down
2. Lift head slightly off the ground as you lift your feet 2-3 feet off the floor
3. Start scissor kicks – keeping feet 2-3 feet off the floor at all times

(\*\*if this bothers your neck, drop your head to the ground\*\*)

### **Reach Throughs**

1. Lie on your back with your knees slightly bent and your feet about 2 feet apart
2. Extend arms towards knees
3. Curl body up and reach hands between legs
4. Slowly return to start position – do not swing arms

*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.*