



# OutFIT Marin

## Boot-Camp

June 26, 2015

### Bodyweight Express Challenge Workout

Squats and pushups and jacks, oh my!

Here is your Bodyweight Express Challenge Workout for today:

- 2 Count Pushups – 10 repetitions
- 30 squats - 30 jumping jacks
- 25 squats - 25 jumping jacks
- 20 squats - 20 jumping jacks
- 15 squats - 15 jumping jacks
- 10 squats - 10 jumping jacks
- 2 Count Pushups – 10 repetitions

Perform this circuit **2 times** through.

#### How To Do the Exercises

##### **2 and 3 Count Pushups**

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, trying to get your chest towards the ground – count 1 and 2 or 1 and 2 and 3 as you lower your chest to the ground (slow and controlled)
4. Exhale as you push back up to the top of the movement
5. Repeat

##### **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) - Repeat

## Jumping Jacks

1. Stand with your feet together and hands at your side
2. Jump your legs apart wide as you bring your arms out to the side and above your head
3. Repeat

*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.*