



# OutFIT Marin

## Boot-Camp

June 27, 2015

### Bodyweight Express Challenge Workout

Here is your Bodyweight Express Challenge Workout for today:

- Jog in place – 30 seconds
- High knee in place – 15 seconds
- Inchworms – 10 repetitions
- Front to back lunges – 15 on the right
- Front to back lunges – 15 on the left
- Crab Dips – 15 repetitions
- Knee to Chest, Knee to Elbow – 20 repetitions (left and right is a 1 count)

Perform this circuit as many times as you can for 12 minutes.

#### How To Do the Exercises

##### **Jog in Place**

1. Feet should be hip width apart
2. Raise your left heel behind you, drop back to ground, lift right heel behind drop back to ground
3. Alternate, keeping your knees soft and landing in a controlled motion

##### **High Knees**

1. Feet should be hip width apart
2. Keeping your torso tall, bring right knee up high in front of your body, drop back to ground, lift left knee up high in front of your body, drop back to ground
3. Alternate at a faster clip, trying to bring that knee up in front of you

##### **Inchworm**

1. This is a powerful stretch for your hamstrings, so go slow, and don't round your back.
2. Bend over and start in a modified push-up position, with your hands about a foot in front of your legs, with your hands out in front of your shoulders.

3. Keep your legs straight and walk your legs towards your hands.
4. Go until you get in the plank position, but don't round your lower back.
5. Then walk your hands back until you are in a modified pushup.

### **Front to Back Lunges**

1. Start with your feet together
2. With hands on your hips take a large step forward with your right leg and drop down into a front lunge
3. Push against the floor with the right leg and use your left leg to pull yourself upright
4. Bring that right leg back behind you and drop into a rear lunge
5. Push against the floor and bring that same leg to the front, then the back
6. Alternate going front lunge to rear lunge for 15 repetitions then switch to the other leg

Note: Make sure that your front knee does not extend beyond the middle of your foot. To prevent that from happening, you'll need to take a bigger step forward than you think is correct. Stay close to a wall or table if you need to hold on lightly for balance

### **Crab Dips**

1. Sit on the floor with your knees bent, heels on the floor (toes up) and your hands on the ground under your shoulders with elbows bent – fingers facing towards your tush
2. With abs engaged straighten your arms, squeeze at the top
3. Release and lower yourself back to the ground, bending your elbows as you touch the ground
4. Once your tush touches the ground, immediately straighten your arms again
5. Repeat

### **Knee to Chest, Knee to Elbow**

1. From your high plank position (on your hands) lift your right leg and bring your knee as far up to your chest as you can
2. Extend the leg back behind you
3. Now bring that knee as far as you can to the outside of your right elbow.
4. Repeat this motion on the left side for 20 total repetitions (a left and a right is a 1 count)
5. Tip: Keep your spine long and lean. You should not be twisting or turning or rounding out your back during this exercise. The only movement is the legs.

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.