



OutFIT Marin

Boot-Camp

June 29, 2015

Bodyweight Express Challenge Workout

Here's the 20,30,40,50 pyramid with a bonus at the end! Focus on your form and breathe.

Here's your Bodyweight Express Workout for today:

- 20 pushups
- 30 squats
- 40 toe touches
- 50 second wall squats
- 100 second plank
- 50 second wall squat
- 40 toe touches
- 30 squats
- 20 pushups
- *BONUS* 100 second plank

How To Do the Exercises

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 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

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

Toe Touches

1. Lay on the ground legs up in the air, feet flexed
2. With straight arms, lift your shoulders off the ground and try and touch your feet (go slowly)
3. Return back to start

Note: If this bothers your neck, place your hands behind your head with your elbows out wide and try and lift your shoulders and chest up and to your toes

Wall Squat

1. Lean against a wall, keeping your back and shoulders in contact
2. Slowly lower yourself into a squat and walk your feet out enough so that when you are in your lowered position your knees stay over your heels
3. Press your back firmly against the wall as you hold this static squat position

Plank

1. Hold yourself in the “up” position of a pushup, hands under or slightly in front of your shoulders, fingers spread, apart, pointing forward (do NOT turn your hands toward each other or away from each other).
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, pulling your belly button toward your spine
5. Keep your tush down so it's in line with your spine
6. Breathe.

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.