



OutFIT Marin

Boot-Camp

June 30, 2015

Bodyweight Express Challenge Workout

Here is your Bodyweight Express Workout for today:

- 10 Pushups
- 25 Crunches
- 25 Bodyweight Squats
- 30 Front Lunges
- 50 Jumping Jacks
- 60 second Wall Squat

Perform this circuit 3 times through ☺

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

Crunches

1. Lay on the ground, knees bent with hands behind your head
2. Pull your belly button to your spine, engage your abs and lift your chest off the ground a few inches (this is your start position)
3. Lift your chin keeping your face up toward the sky
4. Lift your shoulders and chest as high as you can
5. Return to start position
6. Repeat

Bodyweight 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

Front Lunge

1. Stand with your feet shoulder-width apart holding dumbbells at arm's length.
2. Step forward with one leg, taking a slightly larger than normal step.
3. Keep your back toe on the ground and use it to help keep your balance.
4. Bending your back leg, lower your front leg until your thigh is parallel to the ground.
5. Keep your upper body upright and your lower back flat.
6. Drive off the front leg to return to the standing position.
7. Switch legs

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

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
4. Hold

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.