



Challenge Workout

April 29, 2016

Part 1

- Squat with Front Kicks - 20 reps
- Mountain Climbers - 24 reps
- Jumping Jacks - 20 reps

*do this circuit as many times in 5 minutes

Part 2

- Spiderman Cross Climbers – 30 seconds

*do this 5 times through with 15 seconds rest in between

How to do the exercises:

Front Kicks

1. Stand with feet apart, knees slightly bent
2. Bring right knee up above belly button and snap the right leg out into a front kick
3. Replace to start, and repeat on the left side
4. Squat
5. Repeat sequence

Mountain Climbers

1. Brace your abs. Start in the top of the push-up position.
2. Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your chest. Do not let your hips sag or rotate.
3. Keep your abs braced and slowly return your leg to the start position.
4. Alternate sides until you complete all of the required repetitions.

Jumping Jacks

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



Spiderman Cross Climbers

1. Hold yourself in the “up” position of a pushup, hands under our slightly in front of your shoulders, fingers spread, apart, pointing forward
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. From this position, lift your right foot off the ground and bring your knee across your body towards your left shoulder
6. Press leg back to start position and repeat on the left side – moving quickly

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.



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