



April Challenge Workout

Monday 4/10/16

Climb the Ladder Workout – Do 1 rep of each exercise. Then do 2 reps of each exercise. Then do 3 of each, 4 of each, all the way up to 12.

1. Touch the Ground Jump Squats – Stand with your feet hip-distance apart and arms raised above your head. Squat down and touch the ground with your hands and immediately jump up with your hands high in the air and bring hands down to the ground. That's 1 rep.

MOD: 1) Touch your hands to knees instead of the floor or, 2) Substitute a squat jump, keeping your arms down or, 3) jumping jack

2. Push-Ups - Start in a high plank position, core tight and hips level - do a push-up, making sure not to let your back arch

MOD: Drop down to your knees or do an incline pushup.

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.

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.