



OutFIT Marin

Boot-Camp

April Challenge Workout

Thursday 4/14/16

Do this workout one time through. Great job!

Body Squat Reverse Lunge (45 seconds) - Start with feet hip width apart. Squat down and come back up to standing. Immediately step back with left foot to a reverse lunge, making sure the back and front knee comes down towards the ground. Press up to standing and repeat on the right side.

Downward Dog to Cross Body Mountain Climbers (45 seconds) - Start in a high plank with your shoulders stacked above your hands and a good core engagement. Press back into downward dog allowing your hamstrings to lengthen and flow back into a plank and do 2 cross body mountain climbers, alternating knees to opposite sides of your chest.

MOD: You can stand and do a squat with a knee to opposite elbow.

Wide Stance Knee Jumps (30 seconds) – Start in a wide stance and point your toes out slightly. Drop down in to a low squat, keeping your knees open. Drive your knees up while driving your arms down to help propel you , keeping your knees out wide.

MOD: Do standing high knees.

2-Count Push-Ups (45 seconds) – Start in a high plank. Lower in a two count phase (start at the top, stop halfway for a 1 count then continue to the bottom for a 2 count) and press up to start.

MOD: Drop to your knees or on a bench or table.

Get Ups (30 seconds each side) - Ok. Let's do this. Start laying down on your back. Bend your right knee. Extend your right arm overhead and use your left hand to help you sit up and come to standing. Keep looking up at your hand the entire time. Squeeze your tush tight as you come up. Once standing, come back down to the ground slowly and with control. After the time is allotted, switch sides. Take breaks as needed. This one is hard. No joke!

MOD: Come up onto your knee and then back down.

Jumping Jacks (1 minute)

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