



# OutFIT Marin

## Boot-Camp

### April Challenge Workout Thursday 4/21/16

I hope you enjoy today's Pilates-based core workout. Each exercise needs to be done with control. You will definitely feel your abs afterwards.

**The workout.** Perform each exercise for 30 seconds and do the workout 2 times through.

**Pike Ab Kick** - Begin in push-up plank position. Raise your tush and hips up and flatten your feet to the ground. Your body will be in an inverted V. Raise your right leg up behind you, hold for a second, then bring that right leg down and drive your knee toward your right elbow in one swift motion. Bring your right leg back to push up plank position. Repeat steps with left leg. Continue alternating sides each rep.

*MOD: Get into a pike plank position and pull down into a regular plank. Alternate up and down.*

**Single Leg Switch** – Lie on your back, bend your knees keeping your shins parallel to the ground. Place both hands on the top of your knees. Lift your chest and shoulders off the ground. Exhale and extend your left leg straight, keeping it close to the ground while keeping your hands on your right knee. Inhale and switch to the opposite side. Keep inner thighs engaged as you switch back and forth with control. Stay focused on keeping your pelvis and hips still so you are not engaging the hip flexors. This is all abdominal control.

*MOD: Do not extend the legs out straight, keep them slightly bent and towards the chest. If this bothers your neck, keep your head on the ground.*

**Side Plank, Elbow to Elbow Twist** – Lay on your side with your forearm on the ground and both legs extended on the ground, stacked on top of each other. Place opposite hand behind your head. Squeeze inner thighs together. Rotate at the waistline and bring your shoulders square to the floor as your eyes face down to your forearm. Return to start. Repeat on this side for time then switch to the other side.



*MOD: Bend the bottom knee so that you are supported.*

**Core V Up** – Sit straight up with knees bent, feet flat on the floor. Place hands behind head. Pull your elbows wide, your shoulders down, your chin lifted and chest open. Bring both knees up slowly lifting your feet off the floor (about 12 to 18 inches) as you keep your legs pressed together. Engage your deep abdominal muscles and slowly lower your feet to the ground and repeat. Slow and controlled.

**Core V Out** - Sit straight up with knees bent, feet flat on the floor. Place hands behind head. Pull your elbows wide, your shoulders down, your chin lifted and chest open. Bring both knees up and extend your legs so your shins parallel to the floor. Keep your legs pressed together. Next, with pointed toes, fully extend both legs out away from your body. Then pull legs back in towards your chest until your shins again are parallel to the floor. Engage your deep abdominal muscles and slowly lower your feet to the ground and repeat. Slow and controlled.

*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.*