



OutFIT Marin

Boot-Camp

April Challenge Workout Tuesday 4/19/16

Perform this workout 2 times through.

It's only about 10 minutes so you'll be done before you realize you've started!

Jumping Jacks (60 seconds) *MOD: March in place.*

Squat Jumps (30 seconds) - Stand with your feet hip-width apart, place your hands on your hips. Bend your knees slightly. Keeping your hands on your hips, push your feet away from the ground and give a little jump. Land softly, bend your knees and immediately pop back up. *MOD: Squat without the jump.*

Plank Jacks (30 seconds) - Get into your high plank position with your hands just outside of your chest. Press your feet together. Then staying strong in your arms, hop your feet out wide then back in together. *MOD: Stay in plank or drop to bird-dog.*

Jumping Jacks (60 seconds) *MOD: March in place.*

Lateral Jumps (30 seconds) - Jump across a mat, a rolled up towel or a line on the floor. Stay light on your feet, keeping your weight back, land softly, chest lifting, use your arms for momentum. *MOD: Stay in a low squat and step across and back. Eliminate the jump.*

Plank Jacks (30 seconds) - Get into your high plank position with your hands just outside of your chest. Press your feet together. Then staying strong in your arms, hop your feet out wide then back in together. *MOD: Stay in plank or drop to bird-dog.*

Skater Lunges (60 seconds) - Move side to side, hopping and reaching for your opposite foot with your hand. Keep your front knee in line with your front foot, and your rear foot sweeps back to line up with your front foot - keep your chest upright. *MOD: Go slow, eliminating the hop.*

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.