



OutFIT Marin

Boot-Camp

30 Day Boot-Camp Challenge

How To Do the Exercises

Squats

1. Stand with your feet hip-width apart, place your hands on your hips
2. Keeping your weight in your heels, press your tush back as you squat down as low as is comfortable.
3. Using your thighs (not your knees) press back up into standing and squeeze your tush at the very top (this will help activate and strengthen your tush)
4. Repeat

Pushups

1. Start face down on the ground, place your hands on either side of your chest
2. Keep your shoulders pulled away from your ears, your elbows tight to your body
3. Curl your toes under and squeeze your legs so that your knees come off the floor
4. Pull your belly in tight, inhale and on the exhalation press up into a high plank
5. Your feet can come together or keep them wide
6. With a flat back, release down, trying to get your chest towards the ground as far as you can
7. Exhale as you push back up to the top of the movement
8. Repeat

Tips: Keep your head and neck relaxed, your eyes should gaze about 6-10 inches in front of you (this will keep your back flat – staring down at the ground causes your back to round)

Plank

1. Follow steps 1-4 above (start face down...)
2. Press your feet, knees and thighs together
3. Keep your shoulders down away from your ears and engage your shoulder blades so they are slightly pulling toward each other
4. Keep your belly up nice and tight, keep your hips down
5. Breathe.