


## 30 Day Boot-Camp Challenge

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	Fri 9/1	Sat 9/2	Sun 9/3	Mon 9/4	Tue 9/5	Wed 9/6	Thur 9/7
Week 1	Workout 1 1 min each: squats, pushups, plank	Cardio Blast 1 30 seconds each: jumping jacks, touch the ground jump squats, high knees – repeat 3x	Rest or do some form of physical activity OTHER than your normal workout for 20 minutes	Workout 2 10 superstars 10 alternating rear lunges 5 inchworms	Cardio Blast 2 30 seconds each: exploding lunges, happy feet, front kicks – repeat 3x	Core Workout 1 30 seconds each: mtn climbers, bicycles, superpeople Flutter kicks	Cardio Blast 1 30 seconds each: jacks, touch the ground jump squats, high knees – repeat 3x
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
	Fri 9/8	Sat 9/9	Sun 9/10	Mon 9/11	Tue 9/12	Wed 9/13	Thur 9/14
Week 2	Workout 3 1 min each: squats, pushups, plank PLUS 30 seconds Superstars, Exploding Lunges	Cardio Blast 30 seconds each: jacks, touch the ground jump squats, high knees – repeat 3x	5-10 Sun Salutations  Namaste my friends.	Core Workout 1 30 seconds each: mtn climbers, bicycles, superpeople Flutter kicks	Cardio Blast 30 seconds each: jacks, touch the ground jump squats, high knees – repeat 3x	Workout 4 10 superstars 10 alternating rear lunges 5 inchworms PLUS 10 crab dips and 10 hip lifts	Rest or do some form of physical activity OTHER than your normal workout for 20 minutes

Keli Honsberger  
OutFIT Marin Boot-Camp  
Get out. Get fit.

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.