

## 30 Day Boot-Camp Challenge

### Week 4

	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
	Fri 9/22	Sat 9/23	Sun 9/24	Mon 9/25	Tue 9/26	Wed 9/27	Thur 9/28
Week 4	<u>Workout 3</u> 1 min each: squats, pushups, plank PLUS 30 seconds Superstars, Exploding Lunges	5-10 Sun Salutations  Namaste my friends.	<u>Workout 4</u> 10 superstars 10 alternating rear lunges 5 inchworms PLUS 10 crab dips and 10 hip lifts	<u>Workout 5</u> 15 each – 2x through: Half Jumping Jacks, Spades Pushups, Stationary Lunges Side Leg Lifts, Kick Backs Finish w Tripod (30 sec)	<u>Cardio Intervals</u> Walk, Run, Bike. 5 min warm up 3 min w/ 30 sec recovery Repeat 5 times 5 min cool down	<u>Just Abs 1</u> Reach Ups - 20 Side Cross – 15 each Flutter Kicks - 15 Reach Throughs - 20 Repeat 3x through	Rest or do some form of physical activity OTHER than your normal workout for 20 minutes

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**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.*