

Vacation Super Short Boot-Camp Workout

Spiderman Cross Climbers

1. Hold yourself in the “up” position of a pushup, hands under our slightly in front of your shoulders, fingers spread, apart, pointing forward
2. Press your feet, knees and thighs together
3. Draw your shoulders down away from your ears and engage your shoulder blades so they are slightly pulling toward each other
4. Lift your belly up nice and tight, pulling your belly button toward your spine
5. Drop your tush a bit keeping a nice long spine
6. Focus on your belly button, pulling it up towards your spine
7. From this position, lift your right foot off the ground and bring your knee across your body towards your left shoulder
8. Press leg back to start position and repeat on the left side – moving quickly
9. A left and a right is 1 repetition

Prisoner Squats

1. Stand with your feet hip width apart, hands behind your head, elbows out wide
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

Tips: Keep your elbows out wide during the entire exercise to engage your upper back.

Keep your chin lifted slightly so that you are staring ahead, not looking up nor looking at the ground

Pushups

1. Get into your high plank position with your hands just outside of your chest, above the mid line of your chest
2. Press your feet and legs together
3. With a flat back, release down, bending your elbows and trying to get your chest towards the ground (don't worry if you can't get very far down, it's a process)
4. Exhale as you push back up to the top of the movement
5. 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)

Jumping Jacks

1. Stand with your feet together and hands at your side
2. Jump your legs apart wide as you bring your arms out to the side and above your head
3. Repeat