

OutFIT Marin Boot-Camp

At Home Workouts

Week 2

Do this workout 3x this week

10 seconds

Squats

20 seconds

Squats + Jumping Jacks

30 seconds

Squats + Jumping Jacks + Mountain
Climber

40 seconds

Squats + Jumping Jacks + Mountain
Climber + Alternating Reverse
Lunges

50 seconds

Squats + Jumping Jacks + Mountain
Climber + Alternating Reverse
Lunges + Plank

60 second

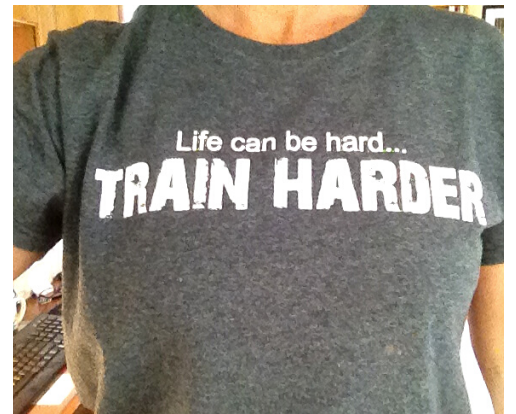
Squats + Jumping Jacks + Mountain
Climber + Alternating Reverse
Lunges + Plank + Burpees

**When you complete the entire workout
you can add on by going back down from
60 seconds to 10. Have fun!**

NOTES

We are in unsettling times
and while exercising may
seem like a frivolous luxury,
it's important to remember
that regular exercise is
beneficial to your immunity,
physical, and mental health.

Take care,
Keli :)



**Questions?
Drop me an email.
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