

# OutFIT Marin Boot-Camp

## At Home Workouts

### Week 1

#### WORKOUT #1

##### 12 Minute - AMRAP

- 10 Burpees
- 20 Jumping Jacks
- 20 Mountain Climbers
- 10 Touch the Ground Jump Squats

#### WORKOUT #2

##### Four Rounds of Fun

- 10 Pushups
- 20 Bicycles
- 30 Squats with bands
- 40 second Plank

#### WORKOUT #3

##### High Stepping

- High Knees - Wide Squats with bands
  - High Knees - Pushups
  - High Knees - Hip Lifts
  - High Knees - Plank
- 30 seconds each exercise / 3-4 times through

#### OTHER DAYS

Add one or two days of cardiovascular conditioning. Here are your choices:

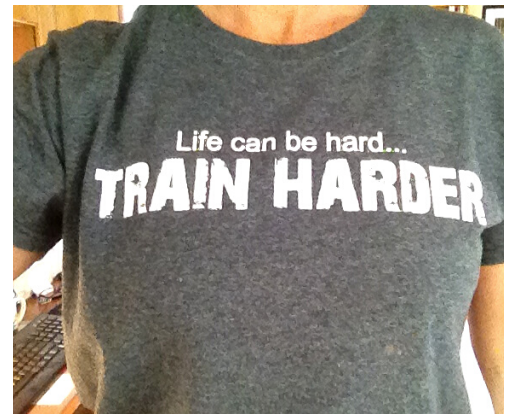
- Run for 20-40 minutes
- Walk for 45-60 minutes
- Hike for 60 minutes

To make walking or hiking more challenging, carry a backpack and load it up with water bottles or bags of rice.

#### 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?  
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