

# OutFIT Marin

## Boot-Camp

Get out. Get fit.

AT-HOME  
WORKOUTS

### WARM-UP CIRCUIT

- Walk or march in place 2-3 minutes
- Dynamic Leg Swings, side to side
- Forward Fold to plank - hold 10 seconds
- Pike to Plank - 4x
- All fours for Cat/Cow - 4 x
- Step into a low lunge, reach arm up- hold
- Switch legs and arms
- Shake it out

### WORKOUT # 1

- 5 pushups
- 10 situps
- 15 squats
- *Rest*
- 5 Superpeople
- 10 Alternating Lunges
- 15 Bicycles

*Do entire circuit 4x*

### WORKOUT # 2

- 10 Squats
- 10 Sumo Squats
- 10 Mtn Climbers
- 10 Push-ups
- 25 Jumping Jacks

*Do circuit 3x*

### WORKOUT # 3

- 2 min easy run or fast walk
- 1 min recovery walk
- 3 min easy run or fast walk
- 1 min recovery walk
- 4 min easy run or fast walk
- 1 min recovery walk

*Do this circuit TWO times through.*