



FEN VS.FUNK 4 WEEK BOOTCAMP FOR WOMEN

FUNK ROBERTS WORKOUT #1

3 Set - 8 Exercise Circuit – 30-10

Perform each exercise for 30 seconds followed by 10 second rest/transition one after the other. Rest for 90 seconds and repeat 2 more times for 3 total sets.

If you can't go the entire 30 seconds, take a quick breather and then resume until your time at that exercise time is up. **DON'T GIVE UP!**

WORKOUT #1 EXERCISES

1. Pushups
2. Squats
3. Jumping jacks
4. In & outs
5. Triceps Chair Dips
6. Step ups
7. Plank
8. Stationary lunge

Warm up before and stretch after your workout

Complete all exercises and DO NOT GIVE UP! This may be the hardest workout that you have done in a long time, so it will be tough. Hang in there because the more you do these workouts the better you will get and the more fit you will be.

NOW IT'S YOUR TURN TO GET IT DONE!

EXERCISE DESCRIPTIONS

1. Pushups

Place your hands on the floor just beyond shoulder width apart. Keep your back straight and your knees straight and parallel to the floor. Slowly lower your body so as to touch your nose to the floor and then return to the start position by explosively pressing yourself upward. Complete as many reps as you can for the prescribed time. If you need to take a breather or go to your knees then do so, but keep moving as much as possible. Once again, It is imperative to keep your back and body as straight as possible throughout this movement.

2. Bodyweight Squats

Position your feet slightly wider than hip width apart with your toes slightly turned out. Hold your hands out in front of you at shoulder height. This will counterbalance your weight and help you keep your balance. Slowly and under control bend your knees and lower yourself down as far as you can without lifting your heels off the floor and then push your weight back up until you are back at the starting position. Make sure to push your hips back and keep your back straight. Drive up through the heels when in the squat position.

Exhale on the way up when performing the exercise.

3. Jumping Jacks

Begin by standing with your feet together and arms at your sides. Tighten your abdominal muscles to pull your pelvis forward and take the curve out of your lower back.

Bend your knees and jump, moving your feet apart until they are wider than your shoulders. At the same time, raise your arms over your head. You should be on the balls of your feet. Keep your knees bent while you jump again, bringing your feet together and your arms back to your sides. At the end of the movement, your weight should be on your heels. As you become more fit, perform jumping jacks faster and for a certain length of time that is prescribed.

4. Abs In and Outs

Sit on the floor with your legs off the ground. Place your hands down on the floor to your sides. Extend your legs straight out and lean your back at a 45 degree angle. Bring your knees in toward your midsection, making sure that your abs is doing the work in a slow and controlled fashion. Return to the starting position. Breathe out when you extend your legs straight out.

5. Triceps Chair Dips

Position your hands shoulder width apart on a secured bench/chair. Move your feet out as far out in front of you as possible. Straighten out your arms and keep a little bend in your elbows in order to always keep tension on your triceps and off your elbow joints. Slowly lower your upper body down towards the floor and keep your elbows tucked into your sides. Once you reach the bottom of the movement, slowly press off with your hands and push yourself back up to the starting position with your triceps.

6. Squat Jumps

Start in a deep squat position with your arms to the side, from this position, explosively jump up as high as you can and reach for the ceiling with your hands as you jump. Repeat for the prescribed time. Use your arms to help you jumps as high as you can and land softly and into the squat position. Keep control of your body.

7. Plank

The plank exercise is a great way to build endurance in the abs and back, as well as the stabilizer muscles. Lie face down on mat resting on the forearms, palms flat on the floor. Push off the floor, raising up onto toes and resting on the elbows. Keep your back flat, in a straight line from head to heels. Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air or sagging in the middle. You may start to feel your body tremble and shake don't worry, that is how your body is dealing with the stress. Remember **PAIN IS FAT LEAVING THE BODY!**

8. Stationary Lunges

Stand flat on the floor with your feet together. Step your right foot out in front of your left. Place your right foot flat on the floor and keep your left toe on the floor behind you.

Keep your shoulders pulled back, your chin up and your hips pulled in. Slowly bend your right knee and lower your body down toward the floor. Keep your right knee in line with your right ankle. Don't let your knee move beyond the line of your foot. Your right leg should create a 90-degree angle.

Maintain your form as you move downward, and then move straight back up to standing. Keep your left toe on the floor throughout the movement. Move straight down, and then straight up as though you were a puppet with a string attached to the top of your head. Don't rock forward or back during the exercise.

Place your hands on your hips or down at your sides. Repeat the exercise 5 reps at a time on one leg and then change.



CONTACT FUNK

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