



FEN VS.FUNK

4 WEEK BOOTCAMP FOR WOMEN

FUNK ROBERTS WORKOUT #4

http://www.dailymotion.com/video/xdmbr5_fenvsfunk-workout-4_sport

3 Set - 8 Exercise Circuit – 45-15

Perform each exercise for 45 seconds followed by 15 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 45 seconds, take a quick breather and then resume until your time at that exercise time is up

DON'T GIVE UP!

WORKOUT #4 EXERCISES

1. Dive Bombers
2. Squat with front kick
3. Mountain climbers
4. Reverse Crunch
5. Crab Push ups
6. Tuck Jumps
7. Plank to T Raise or side raise
8. Reverse Lunge to Jump

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. Dive Bombers

Get in the basic push up position by lying face down on the ground. Place your hands and legs a little more than shoulder width apart. Lift yourself off the ground with your arms, extending your legs and raising your buttocks to a peak position. Your buttocks will be protruding in the air.

Slowly lower your body, with your head leading the movement, toward the ground as if it were sweeping the floor. Keep going forward in a steady but stable manner until you feel your back arching.

Bring the top of your head up as high as you comfortably can once you've made an arch in your back. This will take you completely out of the peak position. Do not touch the ground except for your hands and feet. Reverse the direction of the same sweeping movement. You will bring yourself back into the peak position by leading with your buttocks.

Be sure to breathe deeply and evenly throughout the movement

2. Squat with Front Kick

Stand with feet shoulder width apart. Squat back and down to the ground, by pushing your hips and glutes back. Once you have lowered yourself to 90 degree angle or more, explode up, driving through your hips. As you rise bring the right knee up and extend the leg in a front kick, without fully extending the knee. Lower leg and bend knees into a low squat (knees behind toes) and then stand and kick with the left leg.

3. Mountain Climbers

Stand with your arms by your sides, feet together. Bend down and put your hands shoulder width apart on the floor. Place yourself in the basic push-up position with your arms in line with your chest and your legs extended outward.

Rest on the balls of your feet while bringing one leg (for this example we'll say left leg) forward to your chest and back to its original position. Keep the right leg tucked during the forward and back movement of the left leg. Check to be sure your bent leg and hands carry the weight of your body and that you hold your head up during the back and forth leg movements.

Repeat the motion rapidly, alternating one leg forward and one leg back. This movement mimics the "climbing of a mountain."

4. Push up with Side Plank

Get into push up position on the toes or knees. Do one push up and as you come up, shift your weight on the left side of the body, twist to the side while bringing the right arm up towards the ceiling in a side plank. Lower the arm back to the floor for another push up and then twist to the other side. Repeat the series, alternating each side. Exhale on the way up and inhale on the way down

5. Reverse Crunch

Lie back on the floor. Flex your knees. Raise your knees against your head by crunching your abs. Come back Tilt Your Pelvis Back. Push your lower back against the floor on each rep. You shouldn't be able to put your hands under your back. Keep Your Feet Down. Don't let them come up during the movement. Keep your knees flexed, close to your glutes.

Keep Your Head Down. Knees move towards your head, head doesn't move towards your knees. Keep your head on the floor. Work Your Abs. Avoid working your hip flexors. Don't let your legs come past perpendicular to the floor on the way down.

6. Crab Push Ups

Start in the basic crab or table top position, this alone maybe enough just holding this, 'cause it's body weight. You will feel this in your, hamstring and glutes. Lift your butt off the ground with your arms straight. Slower lower your body to the forearms, first right and then left.

Once you are on your forearms extend your arms back to the start position one at a time, until you are at the start position. Repeat for the allotted time

7. Tuck Jumps

Stand in an athletic position with your feet shoulder width apart.

Jump and explode straight up in the air as high as you can, tucking your knees into your chest and pulling your feet into your butt. Spring off the ground the instant you land on both feet, propelling yourself back into the position held at the end. Use your arms to propel upwards and land softly on the balls of your feet. Exhale on the way up and inhale on the way down.

8. Reverse Lunge to Jump

Stand with your feet shoulder width apart and keep your trunk upright. Slowly, take a large step backwards with your right foot. Lower your hips until your left thigh, which is in front, is parallel to the ground and hold for one count. Your left knee should be directly above your ankle. Your left foot should be pointed straight ahead and your right heel should be lifted.

Pushing through your left leg, contract your glutes and hamstrings and explode up bringing your knee up as high as you hop on your left foot. Repeat five times and then switch legs. Use your arms to explode up in the air and exhale on the way up.

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