

# UnBootcamp #40

## REM 100 - Warm Up

Reps	Exercise	Notes
*Watch Intro Video before starting*		
x20	Air squats	
x20	Lateral toe taps	10 ea side
x20	Wood-chop	10 ea side
x20	Hi-knees	20 ea side (fast)
x20	Butt-kickers	20 ea side (fast)
90 sec rest before Round 1		

## Round 1 (2-3 sets/round)

Reps	Exercise	Notes
*Watch exercise demo videos before starting*		
x10	Walkout to pushup	
x4*	360 Sumos	(4xL,4xR)
30 sec rest btwn rounds		

## Round 2 (2-3 sets/round)

Reps	Exercise	Notes
*Watch exercise demo videos before starting*		
x20	Reverse lunge	10 ea side
x16	Split-squat jumps	8 ea side
x10	Walking plank	5 ea side
60 sec rest btwn rounds		

## Round 3 1 set/round

Reps	Exercise	Notes
		*Watch exercise demo videos before starting*
x10	Crabber (down)	(down or) 5 "steps" ea side
x10	Bear crawl (back)	(back or) 5 "steps" ea side
x10	Tabletop w/ SL abduction	5 ea side
		30 sec rest btwn rounds

#### **Round 4      (2-3 sets/round)**

Reps	Exercise	Notes
		*Watch exercise demo videos before starting*
x10	Surfer get-up	5 ea side
x10	Bird dog in plank	5 ea side
		60 sec rest btwn rounds

#### **Round 5      (1 set/round)**

Reps	Exercise	Notes
		*Watch exercise demo videos before starting*
1:00 min	Scramble!	Drop 3 or more times randomly during the minute!