

UnBootcamp #41

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	Lateral squat jumps	
x5-10	Inverted shoulder press	
	(mod: pushup w/ alt shoulder taps)	
30 sec rest btwn rounds		

Round 2 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x20	Plank, reps	Hold plank at least 2 sec between reps
x10	Burpee w/ pushup to skydiver (combo)	
60 sec rest btwn rounds		

Round 3 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x5-10	Long jumps (out)	
x10-20	Prisoner walk (back)	5-10 ea
30 sec rest btwn rounds		

Round 4 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x8-10	Spiderman pushups	4-5 ea side
x5	Bucking donkey	
x15	Prone OH push-pull	
60 sec rest btwn rounds		