

UnBootcamp #42

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	A2A squats to pop-squats	10 of one, then 10 of the next
x10	Corkscrew pushup	
60 sec rest btwn rounds		

Round 2 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x10	Walking plank	5 ea side
x30	Oblique crank	15 ea side
x15	Skydiver	
30 sec rest btwn rounds		

Round 3 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x10	Reverse lunge, alternating	5 ea side
x15	Frog pumps	
x20	Scissor kick w/ arms OH	10 ea side
30 sec rest btwn rounds		

Round 4 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x5	Split-squat jumps	
x5	Diving dog	
x10	Double crunch	
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!