

UnBootcamp #43

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 1 set/round

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x1	Leg crank:	
	- squats, to	x12
	- squat jumps, to	x12
	- reverse lunges, to	x6 ea leg
	- split squat jumps	x6 ea leg
60 sec rest before Round 2		

Round 2 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x10	Spiderman pushups	5 ea side
x5	Glute bridge, reps	
x10	SL glute bridge, reps	5 ea side

30 sec rest btwn rounds

Round 3 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x20*	Walking double-lunges (out)	*out or 10 ea side
x5-10*	Long jumps (back)	*back or 5-10
60 sec rest btwn rounds		

Round 4 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x5	Walkout to frogger w/ shoulder taps	
x20	Skater jumps	10 ea side
x10	Plank-jacks	
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!