

UnBootcamp #44

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		
x20	Skater jumps	10 ea side
x20	Rev lunges, alternating	10 ea side
x20	Split jumps	10 ea side
60 sec rest btwn rounds		

Round 2 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
*	Sprint (down)	Outside: sprint 30-50yrd, Treadmill: sprint 20-30 sec
AMRAP*	Pushups	*pushups to failure
	Sprint (back)	Outside: sprint 30-50yrd, Treadmill: sprint 20-30 sec
AMRAP*	Pushups	*pushups to failure
90 sec rest btwn rounds		

Round 3 (2-3 sets/round)

Reps	Exercise	Notes
		Watch exercise demo videos before starting
x10	Walking plank	5 ea side
x40	Mt. climbers	20 ea side
x20	Side plank, reps	10 ea side
		30 sec rest btwn rounds

Round 4 (2-3 sets/round)

Reps	Exercise	Notes
		Watch exercise demo videos before starting
x2*	360 sumos	*Full rotation L, full rotation R = 1 set
		30 sec rest btwn rounds

AMRAP = As many reps as possible