

UnBootcamp #45

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	
x20	Skater jumps	10 ea side
x20	Jumping jacks	
60 sec rest btwn rounds		

Round 2 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x24	Prisoner walk	12 ea leg
x20	Side plank, reps	10 ea side (hold ea rep for 2-5 sec)
x40	Cross-body mt. climbers	20 ea side
60 sec rest btwn rounds		

Round 3 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x10	Surfer get-up	5 ea side
30 sec rest btwn rounds		

Round 4 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x10	Pop squats	
x12	Glute bridge and jab	
x8	Long jumps	
60 sec rest btwn rounds		

Round 5 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x10	Diving dog	
x5	Bucking donkey	
30 sec rest btwn rounds		