

UnBootcamp #47

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	Reverse lunges, alternating	10 ea side
x10	Split-squat jumps	5 ea side
x5	Star burpee	
60 sec rest btwn rounds		

Round 2 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x15	NRW pushups	5 ea position
x40	Oblique crank (alt ankle reach)	20 ea side
x15	Glute bride, reps	
30 sec rest btwn rounds		

Round 3 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x10	Pop squats	
x10	Walking plank	5 ea side
60 sec rest btwn rounds		

Round 4 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x10	Diving dog	
	(modifier: tricep pushups)	
x15	Superman	
30 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!