

UnBootcamp #48

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	Front to back lunge	10 ea side
x10	Walkout	
60 sec rest btwn rounds		

Round 2 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x10	Pushup to step up (or knee drive)	5 ea leg
x30	Bicycle crunch	15 ea side
x30	Mt. climbers	15 ea side
60 sec rest btwn rounds		

Round 3 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x20	Jumping jacks	
x8	Burpee 'mile' (out)*	*out to set distance, or x8
*	Sprint (back)*	*back from set distance (or :30sec treadmill sprint)
30 sec rest btwn rounds		

Round 4 (1 set/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
**	10 Down (Pushups to crunches)	**10 of each exercise, to 9, 8...all the way to 1 ea.