

# UnBootcamp #49

## 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	Walking lunge w/iso-lateral raise	10 ea leg
x10	Frogger	
60 sec rest btwn rounds		

## Round 2 (2-3 sets/round)

Reps	Exercise	Notes
*Watch exercise demo videos before starting*		
x5*	Pushups to Mt. Climbers (1x4)	*For every 1 pushup, do 4 Mt.Climbers
x15	Crunches	
60 sec rest btwn rounds		

## Round 3 (2-3 sets/round)

Reps	Exercise	Notes
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\*Watch exercise demo videos before starting\*

x20	Lateral push-pull squat walk	10 ea side
x5	Burpee to tuck jump	
30 sec rest btwn rounds		

#### Round 4 (2-3 sets/round)

Reps	Exercise	Notes
*Watch exercise demo videos before starting*		
x40	Oblique crank	20 ea side
x20	Superman, alternating	10 ea side
30 sec rest btwn rounds		