

UnBootcamp #50

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 (1-2 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x1	Leg crank:	
	- squats, to	x12
	- squat jumps, to	x12
	- reverse lunges, to	x6 ea leg
	- split squat jumps	x6 ea leg
60 sec rest before Round 2		

Round 2 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x10	Spiderman pushups	5 ea side
x15	Dbl crunch (if no bench, rev crunch)	
x5	Tricep pushups	

60 sec rest btwn rounds

Round 3 (2-3 sets/round)

Reps	Exercise	Notes
		Watch exercise demo videos before starting
x20*	Walking double-lunges (out)	*about 10 ea leg
*	Backpedal (back to start)	
		60 sec rest btwn rounds

Round 4 (2-3 sets/round)

Reps	Exercise	Notes
		Watch exercise demo videos before starting
x5	Walkout to frogger w/shoulder taps	
x15	Prone breast-stroke	
		30 sec rest btwn rounds

Round 5 Finisher (1 min AMRAP)

Reps	Exercise	Notes
		Watch exercise demo videos before starting
1 min	Alternate between:	AMRAP = As Many Reps* As Possible
x10	- Jumping jacks	*For this combo, reps = rounds
x10	- High-knees	