

UnBootcamp #51

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	
x10	Squat jumps	
60 sec rest btwn rounds		

Round 2 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x10	Pushup to superman, alt	10 each
x30	Mtn climbers	15 ea side
x20	Bicycle crunches	10 ea side
60 sec rest btwn rounds		

Round 3 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x10	Curtsy lunges	5 ea side
x10	Pop squats	
x10	Skater jumps	5 ea side
60 sec rest btwn rounds		

Round 4 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x15	NRW Pushups	5 of ea
x5	Tuck jumps	
30 sec rest btwn rounds		

Round 5 Finisher (1 min AMRAP)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
1 min	180 Burpees, alternating	AMRAP = As Many Reps As Possible