

UnBootcamp #52

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		
x10	Pushups to YTA's, alt	10 ea
x10	Plank jack to jumping jacks	4x4, x10
30 sec rest btwn rounds		

Round 2 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x10	Lateral squat-walk w/burpee	burpee every 2 steps, x5 out, return other side
x10	Surfer get up	5 ea side
60 sec rest btwn rounds		

Round 3 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x15	Jumping jacks	
x10	Walkout to frogger (should. taps opt)	
x20	Glute bridge, reps	
30 sec rest btwn rounds		

Round 4 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x16	360 Sumos, alternating	4x4 (one full rotation of 4 = 1)
60 sec rest btwn rounds		