

# UnBootcamp #1

## 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	Groiner (slow)	10 ea side
x15	Jump squats	
90 sec rest btwn rounds		

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

Reps	Exercise	Notes
*Watch exercise demo videos before starting*		
x24	Reverse lunges, alternating	12 ea side
x4	Plank-jack to Plyo-jack	4 x 4 ea
60 sec rest btwn rounds		

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

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

x12	Split-squat jumps	6 ea side
x10	Walkout to pushup	
60 sec rest btwn rounds		

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

Reps	Exercise	Notes
*Watch exercise demo videos before starting*		
x10	Plank - Walking	5 ea side
x20	Groiner	10 ea side
x10	Burpee mile	Rotate 180* for each jump if space is limited
60 sec rest btwn rounds		