

UnBootcamp #11

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 to Frogger w/shoulder taps	
x40	Lateral squat jumps, alt	20 ea side
x30	Walking lunges w/Iso lateral raise	15 ea leg
60 sec rest btwn rounds		

Round 2 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x15	Squat jumps	
x10	YTA plank	5 ea side
x40	Superman, alt	20 ea side
60 sec rest btwn rounds		

Round 3 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x8	Long jumps	
x8	Diving dog	
30 sec rest btwn rounds		

Round 4 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
**	10 Down (Pushups to crunches)	**10 of each exercise, to 9, 8...all the way to 1 ea.
60 sec rest btwn rounds		