

UnBootcamp #16

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 pushup w/frogger	Complete frogger immed. after pushup
x10	Skater jumps	
x15	Superman	
60 sec rest btwn rounds		

Round 2 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x24	Split squat jumps	12 ea side
x10	Walking plank	5 ea side
x20	Mt. Climbers, crossbody	10 ea side
60-90 sec rest btwn rounds		

Round 3 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x10	180 Burpees, alt	5 ea side
x10	Glute bridge to crunch	5 ea side
60 sec rest btwn rounds		

Round 4 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x10	Lateral shuffle to squat thrust	5 ea side/direction
60 sec rest btwn rounds		

Round 5 (1 set/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x1	10 Down (pushups to crunches)	**10 of each exercise, to 9, 8...all the way to 1 ea.