

UnBootcamp #20

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	Groiner	5 ea side
x16	Jump Squats	8 ea side
60 sec rest btwn rounds		

Round 2 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x15	Glute bridge	
x15	Skydiver	
x4*	Plank jack to Jumping jacks	1 set = x4 p.j. to x4 j.j.
30 sec rest btwn rounds		

Round 3 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x16	Split-squat jumps	8 ea side
x10	Walkout to pushup	
x10	Shoulder taps to ankle taps	10 ea (10R, 10L alternating, x10)
60 sec rest btwn rounds		

Round 4 (1 set/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x15	Glute bridge	
x15	Skydiver	
x10	Groiner	5 ea side
x10	Burpee 'mile'	*If space is limited, alternate direction
60 sec rest btwn rounds		