

UnBootcamp #22

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	
x20	Skater Jumps	10 ea side
x10	Pop squats	
60 sec rest btwn rounds		

Round 2 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x20	Walking double-lunges	10 ea leg (away from starting point)
x20	Prisoner Walk	10 ea leg (return to starting point)
x10	Walking Plank	5 ea side
60 sec rest btwn rounds		

Round 3 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x10	Diving dog	
x8	Corkscrew Pushups	4 ea side
60 sec rest btwn rounds		

Round 4 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x15	Glute bridge to jab	
x15	Skydiver	
30 sec rest btwn rounds		

Round 5 (2-3 sets/round)

Reps	Exercise	Notes
Watch exercise demo videos before starting		
x10	Surfer getup w/ Tuck jump	5 ea side
60 sec rest btwn rounds		