

# UnBootcamp #46

## 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*		
x6	Lateral shuffle to squat thrust	3 ea direction
x50	Mountain climbers	25 ea side
60 sec rest btwn rounds		

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

Reps	Exercise	Notes
*Watch exercise demo videos before starting*		
x8	Pop squat to burpee w/ pushup	
x16	Single-leg dead lift (SLDL)	8 ea side
30 sec rest btwn rounds		

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

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

x20	Reverse lunges, alternating	10 ea side
x10	Split-squat jumps	5 ea side
x20	Sprinter crunch	10 ea side

60 sec rest btwn rounds

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

Reps	Exercise	Notes
*Watch exercise demo videos before starting*		
x8	Long jumps	
x8	Inverted shoulder press	
x8	YTA's	4 ea side

60 sec rest btwn rounds