

# Dynamic Warm Up



## Exercise      Duration      Instructions

### TIGHT BACK-ARM CIRCLES



20-30  
Seconds

1. Stand with feet hip-width apart and your arms hanging down at your sides.
2. Raise both arms straight out to your sides with your palms facing down.
3. Rotate your arms in small reverse circles.

*\*Note: Keep your abs tight and your eyes focused forward.*

### JOG IN PLACE



20-30  
Seconds

1. Stand with your feet shoulder-width apart and begin jogging in place.
2. Swing your arms up and down from hip to chest level as you jog.
3. Land on the balls of your feet; your heels should not touch the floor.

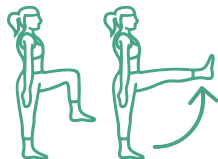
### SPINAL TWIST



20-30  
Seconds

1. Stand up straight and bend your elbows so that your forearms point forward on each side of your body.
2. Bend your knees slightly and rotate your torso to the right, come back to center and twist to the left.
3. Repeat from side to side in a continuous motion.

### STANDING LEG EXTENSION



20-30  
Seconds

1. Stand with your arms hanging at your sides, bend your right knee and raise it to hip level.
2. Kick your right leg in front of you so that it is fully extended with your heel forward and toes flexed back toward your body.

*\*Note: Keep your upper body upright throughout the movement.*

3. Switch sides and repeat.

### HIGH-KNEES



20-30  
Seconds

1. Start running in place.
2. Keep your back straight while you alternate each knee, bringing them up as high as possible.

*\*Note: Swing your arms for balance and power.*

3. Spring off the balls of your feet as you land.

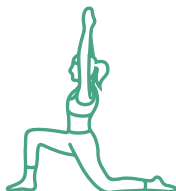
### WALKING QUAD STRETCH



20-30  
Seconds

1. Stand with your knees slightly bent and your feet shoulder-width apart.
2. Bend your right knee and hold your foot with your right hand, slowly pulling your foot towards your glutes and driving your knee backwards.
3. Slowly lower your leg to starting position and then take a step.
4. Repeat with your other leg.

### WALKING LUNGE REACH BACK



20-30  
Seconds

1. Stand with your legs shoulder-width apart.
2. Bend your right leg, set it down behind you and bend your left leg at a 90-degree angle in front of you in a lunge position.
3. Extend your arms, lean back slightly and reach for the ceiling just behind your head.
4. Return to starting position, switch sides and repeat.