

# WARM UP PROGRAM

## 5 MIN

### MARCHING

Alternate high knees.



20  
Secs

### BUTT KICKS

Alternate pulling your heel back towards your butt.



20  
Secs

### HIP HINGE

Place a dowel along your spine with your head, mid back, and tailbone locked to the dowel. Relax your knees and "hinge" forward, moving through the hip joints. Squeeze your glutes to return to standing.



20  
Secs

### HIP CIRCLES

Standing on one foot, bring your knee up to hip height. Rotate the leg in a circle in one direction. Then switch to the opposite direction.



10  
Secs

### TOE RAISES

Raise up onto the tips of your toes, lower down & repeat.



10  
Reps

### STIR THE POT

Leaning one forearm on the same side thigh, let your opposite arm hang down towards the floor. Swing your hanging arm around in a circle clockwise, then counterclockwise.



5  
Reps

### SHOULDER ROLL /SCAP SQUEEZE

Roll UP and BACK.

Then, pinch the shoulder blades, hold briefly.



5  
Reps

### FULL ARM CIRCLE

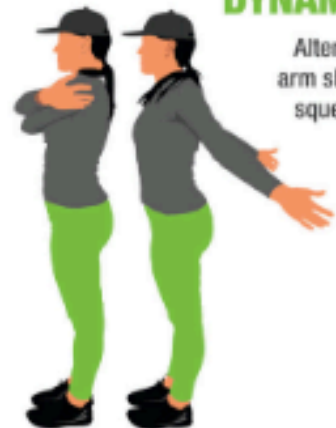
Rotate forward, then backward.



5  
Reps

### DYNAMIC HUG

Alternate an open arm shoulder blade squeeze to a hug.



10  
Reps