






General Warm-up

Exercise	Sets	Reps	Picture	Notes
Light Aerobic Warm-up (ie. biking, walking, etc.)	1	5-10 min		Breathing should be elevated but you should still be able to talk.

Dynamic Warm-up

Exercise	Sets	Reps	Picture	Notes
Leg Swing	1	10		Keeping the core tight and good posture, swing the legs back and forth and side to side to get a quick stretch on the hip and leg muscles.
Arm Swing	1	10		Swing the arms back and forth and side to side to stretch the shoulders and trunk musculature.
Bird-Dog (5 second hold)	1	5		Raise the arm forward and kick the opposite heel straight back, hold for 5 seconds, and then lower with control. Alternate between sides. Keep the core tight and avoid excessive extension in the lower back.
Glute Bridge (5 second hold)	1	5-10		Lying on your back, brace your core muscles and raise your hips all the way up by pushing your heels into the floor. If you experience any back discomfort, don't push as high up.

Notes

Frequency: Perform pre-workout
Spend more time warming up if fatigued or uncoordinated



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