

# Total-Body Warm-up

No equipment needed. A mobility-focused routine targeting all major muscle groups. For anyone needing a general full-body warm-up. Complete one round, resting 10 seconds between movements.

**TIME**  
9 minutes

**EQUIPMENT**  
None

1

## Swimmers

30 SECONDS

- Raise opposite arm and leg
- Keep continuous motion



2

## Prone Fly

30 SECONDS

- Sweep arms above/behind
- Keep continuous motion



3

## Quadruped Reach

60 SECONDS

- Reach opposite arm and leg
- Keep back flat and still



4

## Quadruped Thoracic Rotation

30 SEC EACH SIDE

- Rotate elbow to ceiling



5

## Rotational Side Plank

60 SECONDS

- Rotate from side to side
- Keep hips high throughout



6

## Hip Flexor Stretch to T-Spine Rotation

30 SEC EACH SIDE

- Rotate to both sides each rep



7

## Lunge Position Mobilization

30 SEC EACH SIDE

- Gently stretch for full 30 sec



8

## BW Squat to T-Spine Rotation

60 SECONDS

- Rotate to both sides each rep



9

## Jumping Jacks

60 SECONDS

- Bring arms overhead each rep
- Take short breaks if needed

