## 

# **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



#### 3

#### **Quadruped Reach**

**60 SECONDS** 

• Reach opposite arm and leg

• Keep back flat and still





#### **Rotational Side Plank**

**60 SECONDS** 

- Rotate from side to side
- Keep hips high throughout





## Lunge Position Mobilization

**30 SEC EACH SIDE** • Gently stretch for full 30 sec

#### 9

#### **Jumping Jacks**

**60 SECONDS** 

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





#### 2 Prone Fly

#### 30 SECONDS

- Sweep arms above/behind
- Keep continuous motion



### Quadruped Thoracic Rotation

30 SEC EACH SIDE • Rotate elbow to ceiling



# Hip Flexor Stretch to

T-Spine Rotation

**30 SEC EACH SIDE** • Rotate to both sides each rep

#### 8

### BW Squat to T-Spine Rotation

60 SECONDS

Rotate to both sides each rep









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