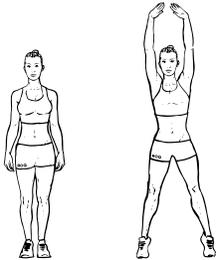


Full Body Dynamic Warm Up

Abs, Cardio, Chest, Legs, Shoulders

We're going to spend 10 minutes preparing your entire body for the battle of a workout ahead. Consider each rep as it were being filmed, focus on your form, not on trying to reach new goals; remember, it's just a warm-up.

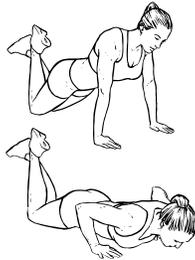
Jumping Jacks / Star Jumps



2 sets 20 reps 30 sec rest

Get jumping, make sure you take the little 20 second rest, instead of going for all 40 reps. It's a warm up!

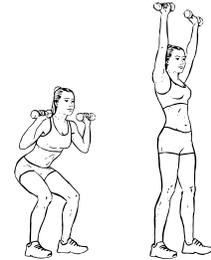
Modified / Knee Push-ups / Pushups



2 sets 10 reps 30 sec rest

Watch that form, no back sagging!

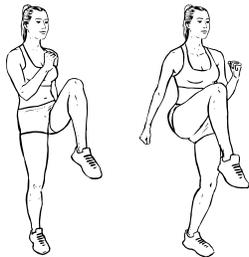
Dumbbell Squat Thrusters / Squat to Overhead Press



2 sets 10 reps 30 sec rest

Use a very very light weight for this exercise.

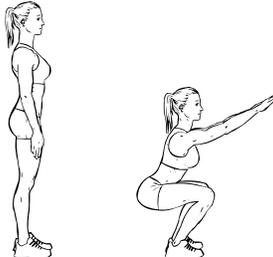
High Knees / Front Knee Lifts / Run / Jog on the Spot



20 reps

Go for 20 high knees per leg, and use your arms to gain a little momentum with each raise.

Air Squats



2 sets 10 reps 30 sec rest

Air squats are your warm-up friend.

Cardio - Running / Jogging / Treadmill



3 min

Jog at a very light pace for 3 minutes, no speed increasing, just nice and steady. Ready to train?

Jumping Jacks / Star Jumps

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Abs, Calves, Hamstrings, Shoulders

Stand with your feet together, arms fully extended with your hands by your sides. This is the start position.

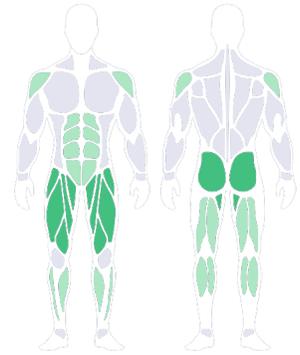
Bend your knees slightly then straighten and push through the balls of your feet while straightening your knees to jump up spreading your legs to wider than hip width apart.

As you do so, raise both arms out and up in a smooth arc until your hands meet above your head.

As you return to the ground, bring your feet together and your hands back to your sides with your arms fully extended.

Continue without pause for the desired amount of time or repetitions.

! This exercise can be performed as a timed exercise, completing as many reps as possible in a set time or, in sets with a fixed number of repetitions per set. To increase intensity, bend your arms slightly as you raise them to engage your biceps and triceps and squeezing them during each rep.



Modified / Knee Push-ups / Pushups

Primary muscle group(s):

Chest

Secondary:

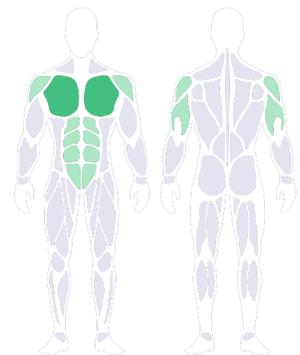
Abs, Shoulders, Triceps

Come to the ground on your knees. Tighten your core and maintain a flat back.

Position your hands on the ground in front of you, directly below your shoulders. Cross your feet in the back.

Lower your chest towards the ground. Bend your elbows at a 60-degree angle until your chest is just above the ground. You should feel a stretch across your chest. Hold for a count of one.

Without locking your elbows, push yourself back to the starting position by straightening your arms.



Dumbbell Squat Thrusters / Squat to Overhead Press

Primary muscle group(s):

Quadriceps, Shoulders

Secondary:

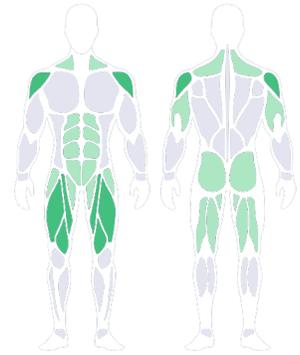
Abs, Glutes & Hip Flexors, Hamstrings, Neck & Upper Traps, Triceps

Stand with your feet shoulder-width apart with dumbbells above your shoulders.

Squat down keeping your back flat and your knees over your toes.

Push through your heels to return to standing while pressing the dumbbells overhead with arms fully extended.

Return to starting position and repeat.



High Knees / Front Knee Lifts / Run / Jog on the Spot

Primary muscle group(s):

Abs

Secondary:

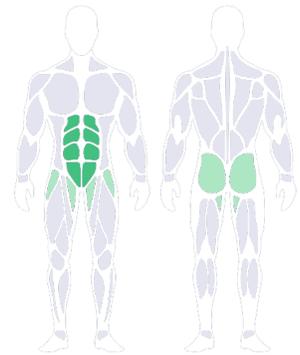
Glutes & Hip Flexors

Begin jogging in place, lifting the knees as high as you can.

Try to lift your knees up to hip level but keep the core tight to support your back.

For a more advanced move, hold your hands straight at hip level and try to touch the knees to your hands as you lift them.

Bring the knees towards your hands instead of reaching the hands to the knees!



Air Squats

Primary muscle group(s):

Hamstrings, Quadriceps

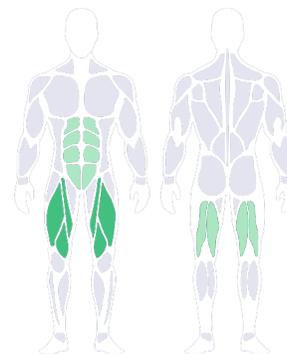
Secondary:

Abs, Hamstrings

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you're sitting in a chair.

Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.



Cardio - Running / Jogging / Treadmill

Primary muscle group(s):

Quadriceps

Secondary:

Glutes & Hip Flexors, Hamstrings

No specific instructions for this exercise.

