

## Short Dynamic Warm-Up: A

Complete 1 round of this shortened version of our resistance-based circuit before your workout to prepare your body for strength training.

### MB Giant Circle

- 6 reps each way
- Keep arms straight
- Make circles as big as possible



### MB Woodchopper

- 10 reps
- Keep arms straight
- Extend MB up as far as possible



### MB Over-Shoulder Rotation

- 6 reps each way
- Start with MB just outside knee
- Bring MB up and over opposite shoulder



### BW Push-up

- 10 reps
- Keep body planked and still
- Keep elbows tucked in
- Lower chest to 1-2 inches above ground



### MB Toe Touch

- 10 reps
- Keep arms and legs straight
- Raise arms and legs as high as possible
- Remember to breathe



### Lateral Hip Bridge

- 6 reps each side
- Elbow directly beneath shoulder
- Raise hips as high as possible

