



## Short Dynamic Warm-Up: B

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

### Russian Twist

- 6 reps each way
- Keep arms straight
- Pause briefly at center



### MB Squat to Press

- 10 reps
- Keep MB close to body throughout
- Push head forward as arms straighten



### MB Good-morning

- 10 reps
- Keep spine neutral, weight in heels
- Slight bend in knees
- Hinge only at hips



### MB Side-to-Side Tap

- 6 reps each side
- Keep chest proud throughout
- Pause briefly at center



### Superman

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



### MB Spread-Eagle Sit-up

- 10 reps each side
- Keep arms and legs straight
- Curl spine back down to floor each rep

