

# 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

