



# Dynamic Warm-Up

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

## MB Woodchopper x 6-10 reps



## MB Spread-Eagle Sit-up x 6-10 reps



## MB Russian Twist x 6-10 reps each side



## MB Side-to-Side Tap x 6-10 reps each side



## MB Good-morning x 6-10 reps



## MB Toe Touch x 6-10 reps



## MB Over-Shoulder Rotation x 6-10 reps each side



## BW Push-up x 6-10 reps



## MB Squat to Press x 6-10 reps



## Superman x 6-10 reps



## MB Giant Circles x 6-10 reps each way



## Lateral Hip Bridge x 6-10 reps each side

