

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

