

BODYWEIGHT DYNAMIC WARM-UP

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

Quadruped Reaches

• 6 - 10 reps each side



Quadruped Thoracic Rotations

• 6 - 10 reps each side



Pause Hip Bridge

• Hold for 2 seconds
• 6 - 10 reps



Side-Lying Hip Abduction

• 6 - 10 reps each side



Hollow to Superman

• 6 - 10 reps each



Prone Fly

• 20 reps



BW Push-up

• 6 - 10 reps



Mountain Climbers

• 6 - 10 reps each



BW Lateral Lunge

• 6 - 10 reps each side



BW Reserve Crossover Lunge

• 6 - 10 reps each side



Jumping jacks

• 20 reps



Burpee

• 6 - 10 reps

