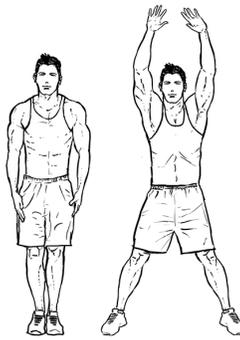


Warm-up & Dynamic Stretches

Prepare your body and mind for physical activity, loosen and stretch your muscles and increase your heart rate and breathing to raise blood and oxygen flow by performing this warm-up before your workout. Using an interval timer (our favorite is *Repeat Timer Pro* for iOS) perform each exercise for 30 seconds with 15 seconds of rest in between.



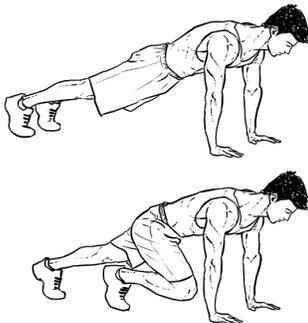
High Knees



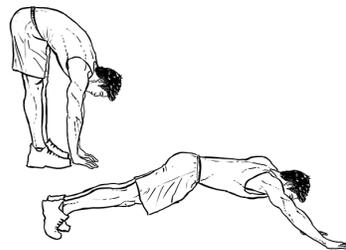
Jumping Jacks



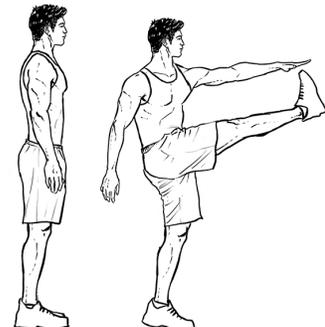
Bodyweight Squats



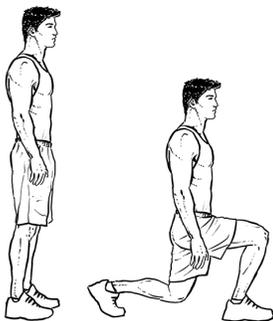
Mountain Climbers



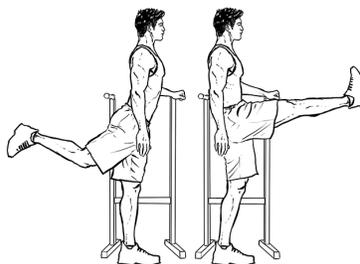
Inchworm



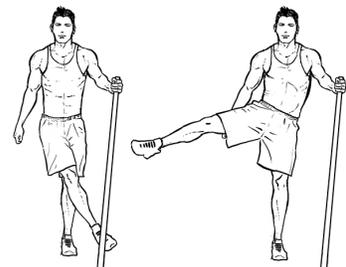
Walking High Kicks



Bodyweight Walking Lunge



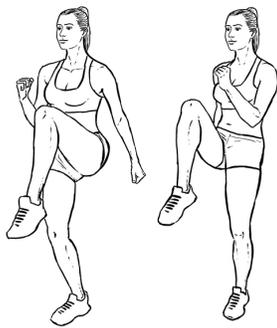
Forward Leg Swings



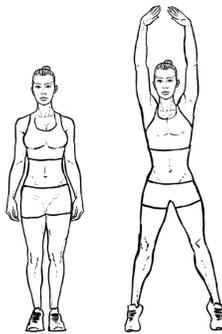
Side Leg Swings

Warm-up & Dynamic Stretches

Prepare your body and mind for physical activity, loosen and stretch your muscles and increase your heart rate and breathing to raise blood and oxygen flow by performing this warm-up before your workout. Using an interval timer (our favorite is *Repeat Timer Pro* for iOS) **perform each exercise for 30 seconds with 15 seconds of rest in between.**



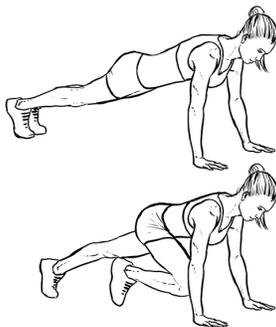
High Knees



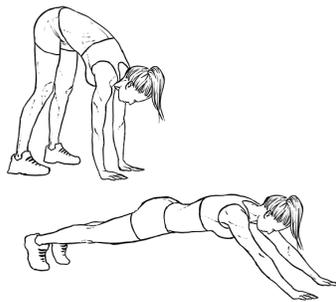
Jumping Jacks



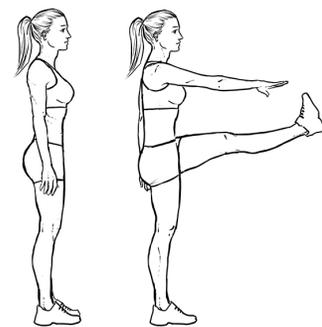
Bodyweight Squats



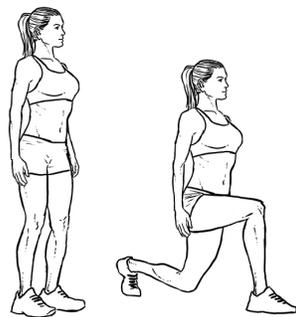
Mountain Climbers



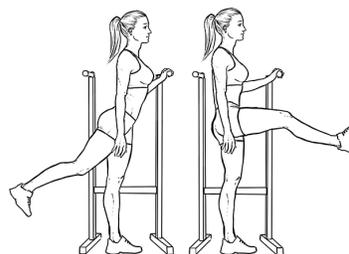
Inchworm



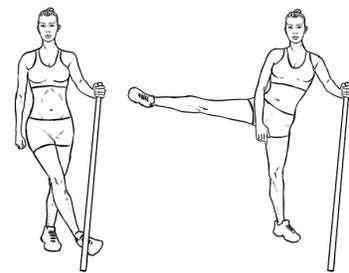
Walking High Kicks



Bodyweight Walking Lunge



Forward Leg Swings



Side Leg Swings