

RundleFit Dynamic Warm-Up

1. Jumping Jacks (10-12x)
2. Seal Jacks (10-12x)
3. Cross Over Skips (10-12x)
4. Pogo Jumps (10-12x)
5. Squats (10-12x)
6. Gate Swings (10-12x)
7. Hip Bridge (10-12x)
8. Single Leg Hip Bridge (10-12x)
9. Single Leg Hip Bridge (10-12x)
10. Front Leg Raises (10-12x/leg)
11. Side Leg Raises (10-12x/leg)
-inner and outer
12. Supermans (10-12x)
13. Alternating Supermans (10-12x)
14. Bird Pointers (10-12x/side)
15. Fire Hydrant (10-12x/side)
16. Fire Hydrant Circles (10-12x/side)
-go both directions with circles
17. Side Toe Taps (10-12x/side)