
DYNAMIC WARMUP 4

SET A

MOVE 1: Reverse lunge with same arm pulling back parallel to the floor

MOVE 2: Calf raise with double arm pull back

SET B

MOVE 1: Squat side with one arm opening wide (elbows parallel to floor)

MOVE 2: Deadlift with a bicep up top when you stand

SET C

MOVE 1: Lateral lunge with opposite arm pushing down to opposite foot

MOVE 2: Lateral lunge with opposite arm sweeping across body

OUTRO

MOVE 1: Squat with sweeping arms to the top of the movement s

