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# DYNAMIC WARMUP 1

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## SET A

*MOVE 1: Slow side flexion into neutral stance*

*MOVE 2: Alternating lat pull down*

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## SET B

*MOVE 1: Double pulse squat with arms pulsing low*

*MOVE 2: Deadlift to upright row with elbows parallel to the floor*

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## SET C

*MOVE 1: Alternating reverse lunge with bicep curls*

*MOVE 2: Booty lift to the back with bent arm lateral raise*

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## OUTRO

*MOVE 1: Arms overhead as you alternate big body circles stretching the hamstrings.*

