

# IN HOME WORKOUT PROGRAM - Warm Up

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*This warm up should be completed before each day's workout. The goal is to help improve mobility & prepare the body for physical activity. We are looking to make sure the body is physically warm (sweating) before adding more stress.*

## DYNAMIC WARM-UP

Exercise	Reps
<a href="#">Jumping Jacks</a>	50
<a href="#">Loaded Shuffle</a>	10 Steps in Each Direction
<a href="#">Inchworm</a>	8
<a href="#">RDL - Knee Pull</a>	10
<a href="#">Lunge &amp; Twist</a>	10 Each Side
<a href="#">Reverse Lunge &amp; Reach</a>	10 Each Side
<a href="#">Over - Under</a>	8 Each Side
<a href="#">3D Hopping</a>	2 Rotations Each Direction
<a href="#">Bicycles</a>	20 Each Side (40 Total)
<a href="#">Push-ups</a>	8

## MOBILITY

<a href="#">Single Leg Balance + Knee Drive</a>	15 Each Side
<a href="#">Fire Hydrants</a>	15 Each Side
<a href="#">Glute Bridges</a>	20
<a href="#">Single Leg Hip Hinge</a>	12 Each Side
<a href="#">Band Pull Apart</a> (Low, Regular, High)	15 Each (45 Total)
<a href="#">Plank + Forearm Pull Apart</a>	20
<a href="#">Scapular Push-ups</a>	12

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