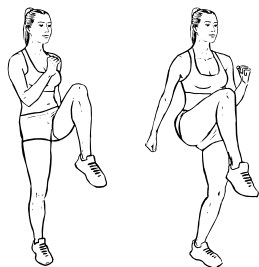


Warm Up Routine

8 min · Abs, Arms, Legs, Shoulders

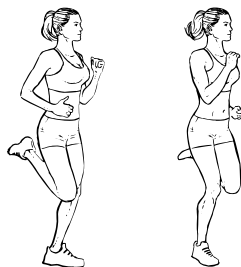
An example warm up routine that you can complete before starting any workout on the programme

High Knees



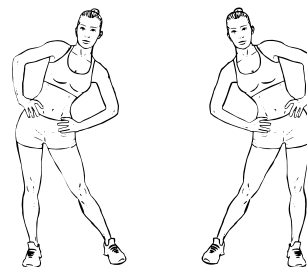
1 sets 60 secs

Butt Kicks



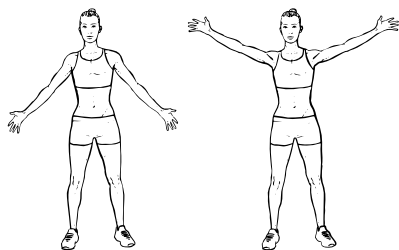
1 sets 60 secs

Hip Circles



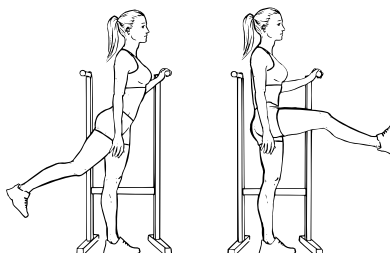
1 sets 60 secs

Standing Arm Circles



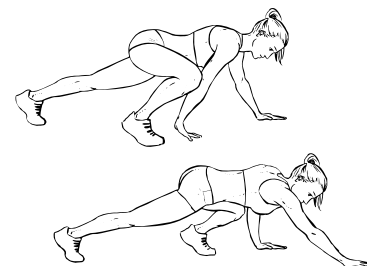
1 sets 60 secs

Forward Leg Hip Swings



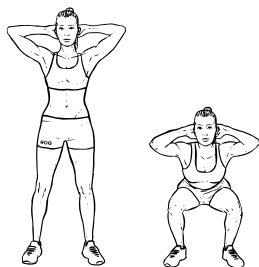
1 sets 60 secs

Bear Crawls



1 sets 60 secs

Bodyweight Squats



1 sets 60 secs



High Knees / Front Knee Lifts / Run / Jog on the Spot

Primary muscle group(s):

Abs

Secondary:

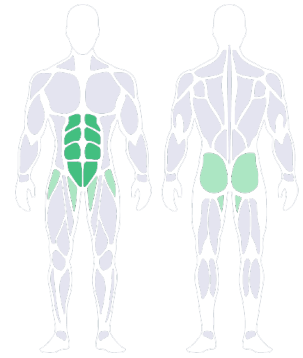
Glutes & Hip Flexors

Begin jogging in place, lifting the knees as high as you can.

Try to lift your knees up to hip level but keep the core tight to support your back.

For a more advanced move, hold your hands straight at hip level and try to touch the knees to your hands as you lift them.

Bring the knees towards your hands instead of reaching the hands to the knees!



Butt Kicks

Primary muscle group(s):

Hamstrings, Quadriceps

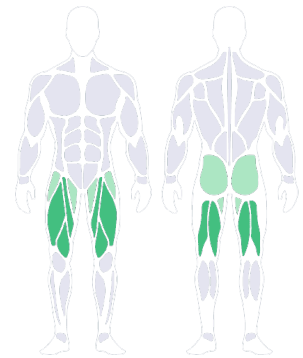
Secondary:

Glutes & Hip Flexors

Standing tall with a tight core and flat back, you will begin the dynamic stretching exercise as if you were running in place. Keep the knees slightly bent at all times. Start slowly and work up to a faster speed.

Bring your left foot back and all the way up to the glutes. Return your left foot to the ground and repeat on the other side.

Continue this back and forth motion, keeping your arms swinging in motion.



Hip Circles

Primary muscle group(s):

Glutes & Hip Flexors

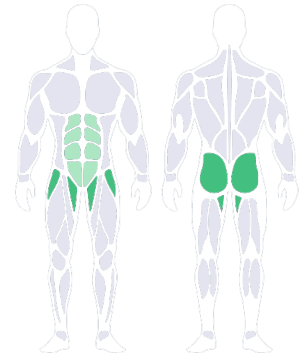
Secondary:

Abs

Stand tall with your chest up. Move your feet to shoulder-width apart. Place your hands on your hips.

Begin the movement by shifting your hips to the left. Bring them forward and to the right in a circular motion. From the right, shift your hips back and to the left.

Continue in this circular motion. Stop once to switch directions.



Standing Arm Circles

Primary muscle group(s):

Shoulders

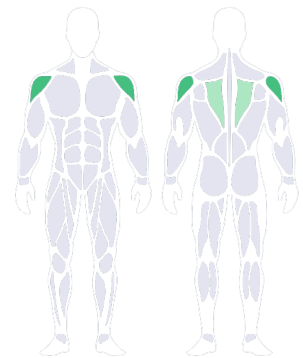
Secondary:

Upper Back & Lower Traps

Standing with a flat back and tight core, raise your arms to the sides.

While focusing on the shoulders, slowly rotate your arms in a circular motion. Start with small circles. Gradually increase the size of the circles.

After completing one set of a pre-determined number (such as 10 repetitions), reverse the direction, going counter-clockwise.



Forward Leg Hip Swings

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

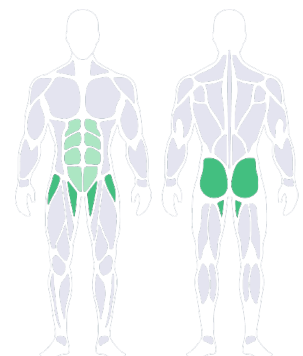
Abs

Stand tall holding onto a pole, wall or stationary object for support.

Engage your abs as you swing your one leg as far out to the side and then across the stationary leg as you comfortably can.

Don't just let gravity pull the leg – actively use the muscles!

Switch sides once you have completed repetitions on the first leg.



Bear Crawls

Primary muscle group(s):

Abs, Shoulders

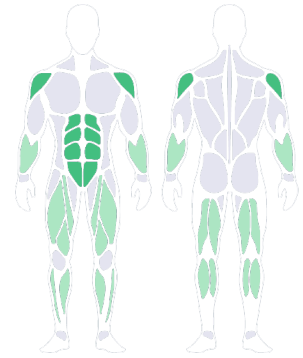
Secondary:

Calves, Forearms, Hamstrings, Quadriceps

Come to the ground, placing your knees below your hips and your hands below your shoulders. Elevate your hips up, extending your legs and arms. Keep the head in a neutral position.

Move the right hand forward as you simultaneously move the left foot forward. Afterwards, move the left hand and right foot forward.

Continue in this back and forth pattern, always moving the opposite hand and foot. Remember to brace the core throughout the movement.



Bodyweight Squats

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Abs, Calves, Hamstrings

Stand with your feet hip width apart. Your toes should be pointing straight ahead or only slightly outward.

Cross your arms in front of your body, place your hands behind your head (prisoner squat) or at the sides of your head.

Keep your weight on your heels and bend your knees while lowering your hips towards the ground as if you are sitting down on a chair.

Keep your back straight at all times.

Continue until you feel a slight stretch in your quadriceps. Pause for a count of one. Do not let your knees extend out beyond the level of your toes.

Return to the start position by pushing down through your heels and extending your hips forward until you are standing straight. Repeat.

