

## Sample Dynamic Warm Up

Torso Twist



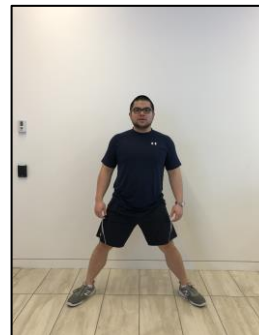
Arm Circles



Chest Opener



Side Lunges



Backwards lunge with overhead reach



Single Leg Deadlift



Hip Opener



High Knees



Butt Kicks



Side Skaters



Jumping Jacks



Cross Jacks

