

FULL BODY WARM-UP

A good warm-up is essential for a safe and effective workout. These exercises have been carefully selected to prepare your body. Perform each exercise for 60 seconds to feel fully mobilised and revved up for the good stuff to come.



ALTERNATING HIGH KNEES



JUMPING JACKS



ALTERNATING BUTT KICKS

FULL BODY WARM-UP



ALTERNATING HIGH KICKS



ALTERNATING SOLE TAPS



HIP CIRCLES



MOUNTAIN CLIMBERS



ALTERNATING BENT OVER TWIST