



Warm Up Routine

1. Rotate Head – Reverse (6x-8x)
2. Ear to Shoulder – Press down opposite hand (4x each side)
3. Turn Look over shoulder (4x each)
4. Rotate Shoulders - Reverse (4-6x)
5. Shoulders forward, back (4x)
6. Rotate upper body – Reverse (4-6x)
7. Big Waist Circles – Reverse (4-6x)
8. Small Hip Circles – Reverse (4-6x)
9. Vertical Hip Circles – Reverse (4-6x)
10. Rub Hands, Squeeze, Interlace
11. Rub the back – down to sciatic up to small of back
12. Rub Hands, Squeeze, Interlace
13. Rub knee cap with palm - front, side, back
14. Fingers on either side of knee cap – Rub – Top and Bottom – Rub
15. Rotate Knees – Reverse (4x)
16. Knee circles – Open, Back, Forward - Reverse (4x)
17. Rotate Ankle (Big Toe on Ground) (6x-8x)
18. Press toes on ground rotate to stretch ball of foot (6x-8x)
19. Switch feet
20. Rotate Ankle (Big Toe on Ground) (6x-8x)
21. Press toes on ground rotate to stretch ball of foot(6x-8x)
22. Pull the fingers back – individually – hand other direction (both)
23. Rotate Wrists – Reverse
24. Rub lower back in circles around the spine
25. Lean Forward, Back (4x)
26. Side Stretch (4-6x)