

DYNAMIC WARM-UP

These dynamic warm-up movements engage the entire body, increase synovial fluid to help lubricate the joints, improve balance and flexibility, and are quick, taking less than 2-3 minutes to perform.



Arm Swings



Neck Stretch (Rotation)



Neck Stretch (Side to Side)



Spinal Flexion/Extension



Side Bend



Trunk Twist



Front Leg Swings



Side Swings

FOUNDATION EXERCISES

Foundation movements are exceptionally beneficial to improve posture, balance, mobility, flexibility, strength, and fitness. They take 5-8 minutes to complete. The beauty of these foundational movements is that they take little time, can be done almost anywhere, and require no equipment.



Squat



Straight-Leg Lunge



Warrior 3



Half Moon



Warrior 1



Warrior 2



Reverse Warrior



Extended Angle



Spread Eagle



Dancer



Downward Dog



Upward Dog

