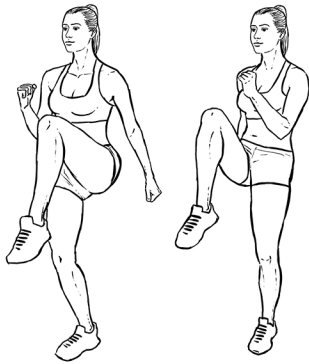
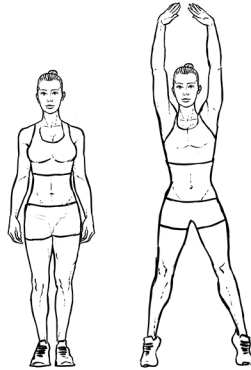


# Warm-up & Dynamic Stretches

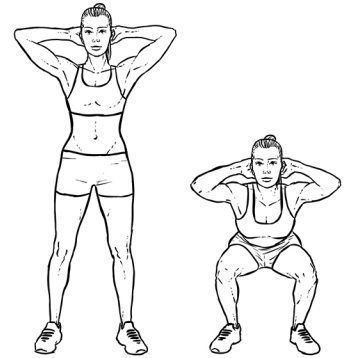
Prepare your body and mind for physical activity, loosen and stretch your muscles and increase your heart rate and breathing to raise blood and oxygen flow by performing this warm-up before your workout. Using an interval timer (you can download any timer app on your phone or get any small timer) **perform each exercise for 30 seconds with 15 seconds of rest in between.**



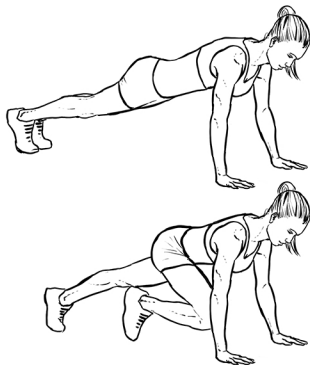
High Knees



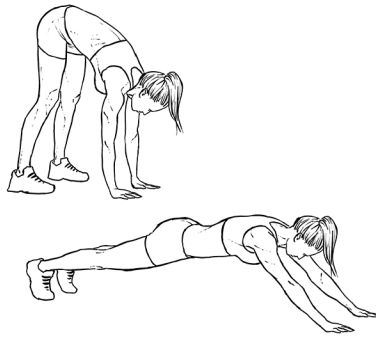
Jumping Jacks



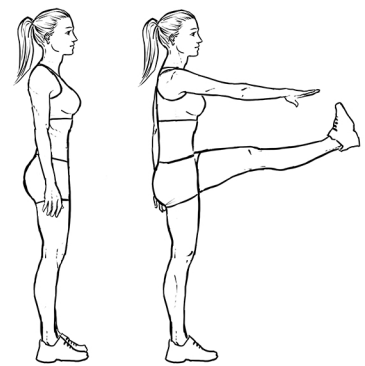
Bodyweight Squats



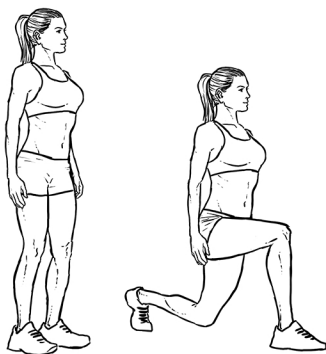
Mountain Climbers



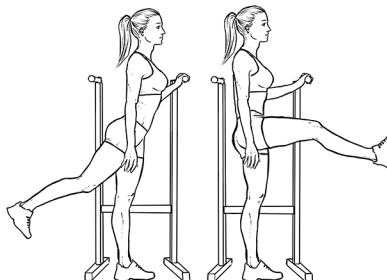
Inchworm



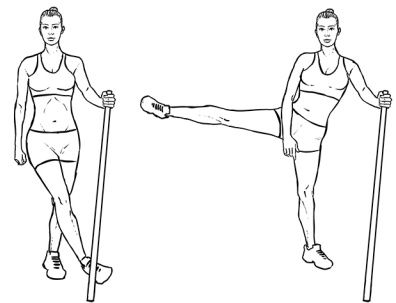
Walking High Kicks



Bodyweight Walking Lunge



Forward Leg Swings



Side Leg Swings