



## Dynamic Warm Up

Here is the dynamic warm up Bikini Boot Camp uses for our run club. Focus on controlled movement in all 3 planes of motion. Keep your chest proud and feel free to throw in a few more arm swings. You could also use a chair or the wall to hold yourself upright.

- Full Squats With Backward Arm Circles (10)
- Front to Back Leg Swings (10 each side)
- Side to Side Leg Swings (10 each side)
- Forward & Backward Hurdle Steps (5 each side & in each direction)
- Side Lunges (5 each side)
- Forward Lunges (5 each side)
- Forward Lunge With a Twist (5 each side)
- High Knee Stretch (5 each side)
- Slow & Controlled Bum Kicks (5 each side)
- Big Deep Breath ☺

