

# AT-HOME WARM-UP

EXERCISE	REPS
Straight Leg Kicks	5 each
Scap Floor Slide w/ Flip	5
Hip Crossovers	10
Cat/Camel	5
Chest Stretch, Reach-Through	3 each
Strider, Hip Pop, Glute Stretch	2 each
YTW Raises	5 each
Quadruped Scap Pushups	10
Pushups	10
Groiner w/ Stand Up	3
Glute Bridge w/ 2s holds at top	10
Glute Bridge March	8
Glute Bridge Walkout	2
Squat, Forward Lunge, Reverse Lunge	2 each
Jumping Jacks	15
Seal Jumps	15

**VIDEO OF FULL WARM-UP: [CLICK HERE](#)**

