**DYNAMIC WARM-UP MOVEMENTS:**

World’s Greatest Stretch

Cobra

Downward Dog

Scorpion

Glute Bridge

Mountain Climbers

Child's Pose

Good Mornings w/ resistance band

KB Swings

Air Squats

Lunges

Bar Hangs

Thread the needle

Lat Pull Downs w/ band

Arm Circles

Resistance Band: side steps, monster walks, squats, hip thrusts

Up & Overs w/ PVC pipe

Row

Walk

Run

Jump Rope