

Pre-Strength Dynamic Warmup

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14 min · Abs, Back, Chest, Legs

Good day! Let's get your body and brain warmed up. We're going to include dynamic stretching, muscle activation and a few extensive plyometrics

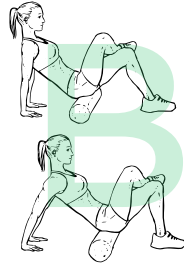
Cardio - Walking



5 min

Superset A1

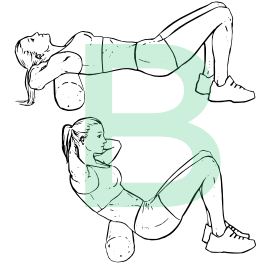
Foam Roller Glutes Stretch



1 sets 30 secs

Superset B1

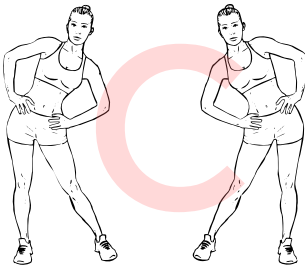
Foam Roller Upper Back Stretch



1 sets 30 reps

Superset B2

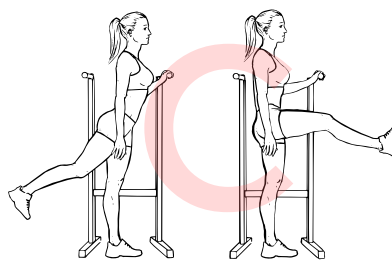
Hip Circles



2 sets 5 reps

Superset C1 · 5 clockwise / 5 counter clockwise

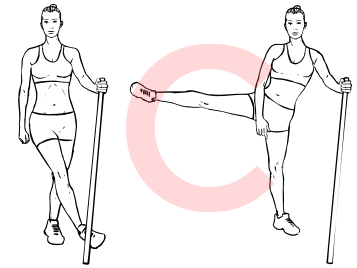
Forward Leg Hip Swings



1 sets 10 reps

Superset C2

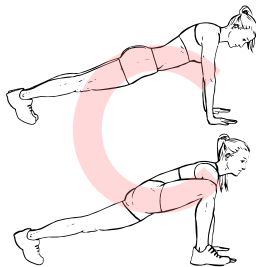
Side Lateral Leg Swings



1 sets 10 reps

Superset C3

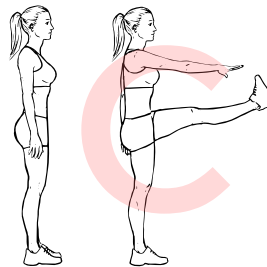
Groiners



1 sets 5 reps

Superset C4 · 5 each side

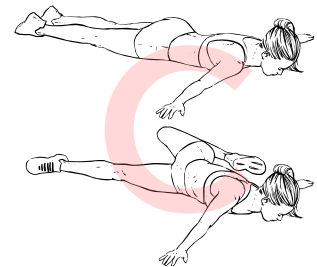
Walking High Kicks



1 sets 10 reps

Superset C5

Scorpion Stretch

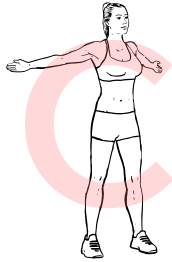


1 sets 5 reps

Superset C6 · 5 each side



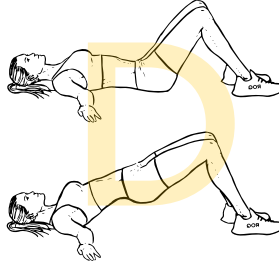
Wide Arm Chest Stretch



1 sets 10 reps

Superset C7

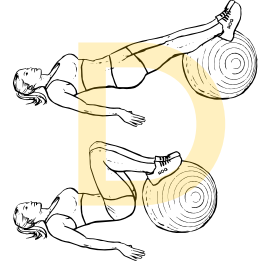
Hip Raises



2 sets 10 reps

Superset D1

Swiss Ball Hamstring Leg Curl



2 sets 10 reps

Superset D2

Your exercise (placeholder)



3 sets 3-5 reps

Superset E1 · Mini Landing | max intent + high quality | see landing mechanics + YouTube in guide

Your exercise (placeholder)



3 sets 3-5 reps

Superset E2 · Drop squat/Swipe backs | max intent + high quality | see landing mechanics + YouTube in guide