

Bodyweight Dynamic Warm-Up

Complete 1 round of this bodyweight circuit before your workout to prepare your body for strength training.

Quadruped Reaches x 6-10 reps each side



Quadruped Thoracic Rotations x 6-10 reps each side



Pause Hip Bridge (2 sec) x 6-10 reps



Side-Lying Hip Abduction x 6-10 reps each side



Hollow to Superman x 6-10 reps each



Prone Fly x 20 reps



BW Push-up x 6-10 reps



Mountain Climbers x 6-10 reps each



BW Lateral Lunge x 6-10 reps each side



BW Reverse Crossover Lunge x 6-10 reps each side



Jumping Jacks x 20 reps



Burpee x 6-10 reps



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