



# DYNAMIC WARMUP

Any 12 of these for 20 seconds each.

For a good bodyweight cardio workout...  
do all 30 for 20 seconds each. Repeat once or twice.



Jumping Jacks



Butt Kicks



March Twists



Split Jacks



Seal Jacks



High Knees



Half Jacks



Side Jacks



Jumping T's



Toe Tap Hops



Toe Hops



Side to Side



Squats



Knee Strikes



Climbers



Skiers



Knee to Elbows



Side Leg Raises



Squat Step Ups



Straight Leg  
Bounds



Squat Hold  
Puches



Lunge Twists



Windmills



Shoulder Taps



Lunge Step Ups



Single Leg  
Hops



Climber Taps



Jumping Lunges



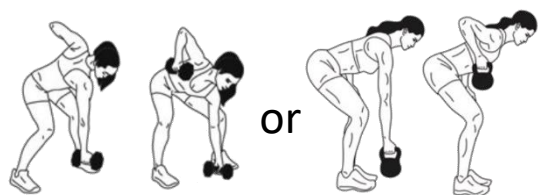
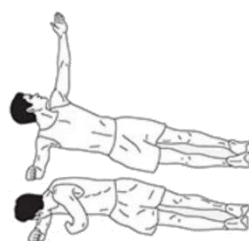
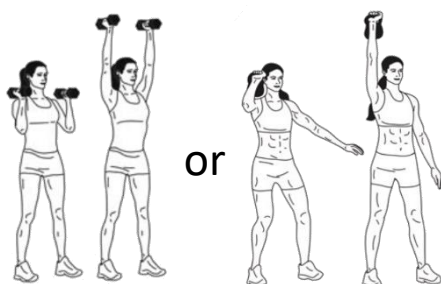
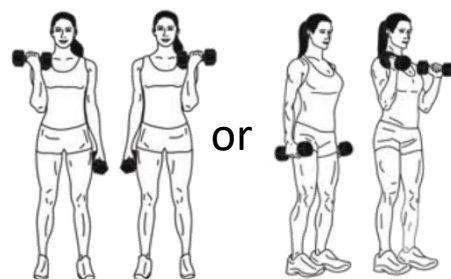
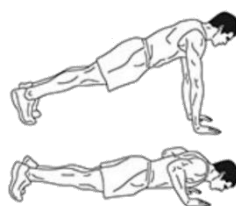
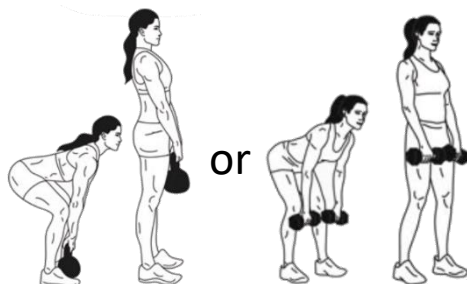
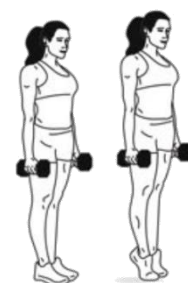
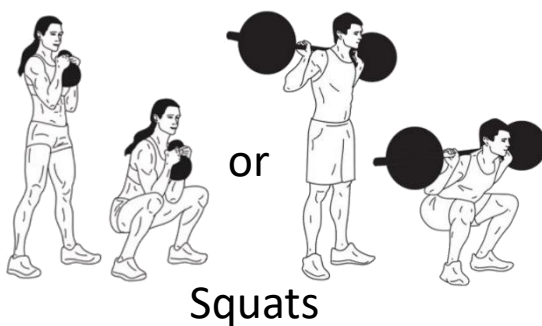
Jump Squats



Burpees

# STRENGTH

2 Sets of 10-12 Reps each.



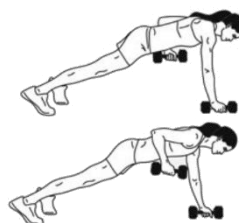
Swings

Bent-over Rows

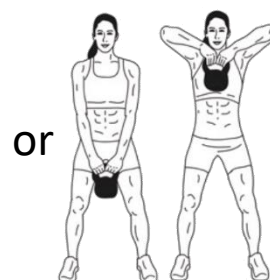
Burpees



Mason Twists



Push-up Rows



Upright Rows