

## **Dynamic warmup**

**10-15 minutes**

5 reps of each, or whatever feels good

1. Cat cow
2. Wrist mobility
  - circles each way
  - side to side
  - backward
3. Scapula push-ups
  - + circles forward and back
4. Down dog to up dog
5. Lunge with Eric Cressy's
6. Toe stretch to squat
7. 90/90
  - + circles
8. Ido Portal squat routine
  - single knee press + hold
  - reach up + hold
  - double knee press + hold
  - reach down + hold
  - arm up + hold
9. Hamstring stretch to hollow body
10. Cossack squats
  - hip mobility
  - with reach
11. Arm circles

### **Great for:**

- a warm up before exercise
- to use between and or after work to stretch the body
- as a morning stretch routine
- as an evening routine to calm and relax the body and mind
- use it on a rest day to mobilise the body