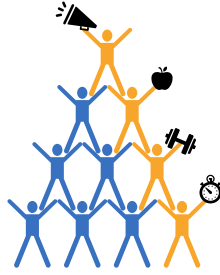


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Motivation • **E**ating • **E**xercise • **T**ime

Dynamic Warm Up Menu

Purpose: The routine you create should prepare your body for the movements in the exercises to follow. A dynamic warm up safely raises your heartrate, gets the blood flowing, and readies the muscles and joints.

A proper warm up should prime your body to perform better and reduce the likelihood of injury. Regular use of a dynamic routine may also improve your flexibility and mobility. Pre workout: 5-10 minutes of work is optimal. Always begin with gentle movements and increase intensity and range of motion gradually as you continue.

The following list is in no particular order. Choose the exercises that are appropriate for the activity to follow. These may also be combined to create routines that promote brief, healthy movement breaks throughout the day or for a longer workout of light intensity.

Click on any listed exercise to view a demonstration.

[Tilt Walk](#)

[Soldier Walk](#)

[Lunge Walk](#)

[Toe Walk](#)

[Heel Walk](#)

[Ankle Glides \(Knee to Wall\)](#)

[Walking Quad Stretch](#)

[Walking High Knee Pull](#)

[Walking Chicken Stretch](#)

[Leg Swings](#)

[Lateral Leg Swings](#)

[Lateral Lunges](#)

[Standing Calf Raises](#)

[Downdog Calf Raises](#)

[Squats](#)

[Over-Over-Under \(Lateral Hurdle Walk\)](#)

[Ankling](#)

[Butt Kicks](#)

[High Knees](#)

[Side Shuffle](#)

[Simple Skips](#)

[Wall Run](#)

[Hip Circles](#)

[Donkey Kicks](#)

[Hip Flexor Hold](#)

[Supine Leg Raises](#)

[Ankle Circles](#)

[Point and Flex](#)

[Arm Circles](#)

[Arm Crossovers](#)

[Trunk Rotation](#)

[Inchworm](#)

[Thoracic Rotation](#)

[Shoulder Circle Shrugs](#)

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