

Warmup (before every workout)

WARMUP **(10 minutes)**

WALKING/JOGGING

1. Walk around a room or outside for 1 minute, then jog outside or in place for 2 minutes.

ARM CIRCLES

1. Hold arms out to sides at shoulder height.
2. Make 15 small circles rotating arms forward. Rest.
3. Repeat arm circles by rotation backward 15 times.

SIDE SHUFFLE

1. Face forward, bending slightly at the knees and hips and keeping your back straight.

2. "Shuffle" sideways for 20 steps and then back the opposite direction for 20 steps.

HEEL-TO-REAR/BUTT KICKS

1. Walk or slowly jog forward and lift your heels as far as possible as if to hit your buttocks. Perform 15 butt kicks on each leg.

POWER SKIP

1. Skip as high as you can on one leg, while raising the opposite knee to your chest.
2. Reach the arm opposite the high knee up as far as you can to exaggerate the skip and arm swing. Focus on how high you can skip rather than how far.
3. Perform 15 skips on each leg.