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

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

Hollow to Superman x 6-10 reps each

BW Push-up x 6-10 reps

BW Lateral Lunge x 6-10 reps each side

Jumping Jacks x 20 reps

More like this available at voltathletics.com

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