

## **Pre-Workout Warm-up Stretches (Dynamic Stretching)**

*Created by Fiscallyfitfoodie.com – James B.*

*These are meant to be warm-up exercises that will help to prevent injury and maximize your workout performance by mimicking actual workout motions. Perform each of these stretches for approximately 20-30 seconds. Feel free to add a little variation as it suits you and dependent upon what part of your body you will be working out that day.*

- 1. Overhead Yoga Side Bend/Stretch (10s each side)**
- 2. Neck Stretch - Head rolls (10 seconds total)**
- 3. Shoulder Rolls (back 10 seconds, forward 10 seconds)**
- 4. Small Arm Circles (back 10 seconds, forward 10 seconds)**
- 5. Large Arm Circles (back 10 seconds, forward 10 seconds)**
- 6. Back/Forward Stroke (back 10 seconds, forwards 10 seconds)**
- 7. Stir the Pot (10 seconds each arm and switch directions after 5s)**
- 8. Elephant Trunk Swing (10 seconds)**
- 9. Lunges**
- 10. Cross-body Alternating Shakers (10 seconds)**
- 11. Touch Knees to Hands (10s at 45 degree angle, 10s in front)**
- 12. Run in place**
- 13. Butt-kickers**
- 14. Puddle-jumpers**
- 15. Jumping Jacks**
- 16. Ankle Flexors (10 seconds per foot, alternate direction every 5s)**