



WARM-UP/COOL-DOWN

Each and every workout, you will begin with the warm-up and end with the cool-down. This is an important part of your program and will help prevent injury over the long term.

Perform each exercise for 30 seconds. Rest 30 seconds between moves.

WARM-UP

Do each move for at least one minute.

- Shin-Box Wiper
- Spinal Wave
- Wristation
- Shoulder Corkscrew
- Tootsie Roll

COOL-DOWN

Do each move for at least one minute.

- Cat/Cow
- Thoracic Reach-Through
- Scorpion
- Supine Twist
- Breathwork