

EXERCISES - WARM-UP OR FULL BODY WEIGHT

Exercise	FOR WARM UP		FOR FULL BODY
	Reps	Sets	Sets
HALF JUMPING JACKS	10	1	2 – 5
JUMPING JACKS	10	1	2 – 5
STANDING SIDE CRUNCH	10	1	2 – 5
HIP TWIST	10	1	2 – 5
ANKLE CIRCLES	10	1	2 – 5
ANKLE JUMPS	10	1	2 – 5
SPLIT JACKS	10	1	2 – 5
STAR JUMPERS	10	1	2 – 5
SQUAT THRUSTS	5	1	2 – 5
SPLIT SQUAT CYCLE	10	1	2 – 5
LOW SIDE TO SIDE LUNGE	10	1	2 – 5
ARM CIRCLES	10	1	2 – 5
LATERAL BOUND	10	1	2 – 5
WALKING HIGH KICKS	10	1	2 – 5
SQUAT - WIDE STANCE	10	1	2 – 5
LYING STRAIGHT LEG RAISE	10	1	2 – 5