

WARM-UP & COOL-DOWN Routines

Getting started with a proper warm-up.

In order for our bodies to fully respond to the demands of exercise, we need to get the blood pumping and wake-up the muscles!

PHASE 1

Warm-up ZONE 1 *Easy conversation / starting to sweat* 5-10min

PHASE 2

Level 1	Starting Position	Activity Description	
Exercise 1	BALANCE on right/left foot	Stationary hold	10-30sec
Exercise 2	BALANCE on right/left foot	Forward lean / back leg lift	10-30sec
Exercise 3	BALANCE on right/left foot	Front knee lifts	10-30sec
Exercise 4	PLANK on forearms	Stationary hold	10-30sec
Exercise 5	PLANK on hands	Toe taps – bend knee forward	10-30sec
Exercise 6	PLANK on hands	Heel lifts - keep legs straight	10-30sec
Warm-up 7	20 Jumping Jax		10-30sec
Cool-down 7	Full body stretching / rolling		5-10min

Level 2	Starting Position	Activity Description	
Exercise 1	BALANCE on right/left foot	Front knee lifts (10-15)	10-30sec
Exercise 2	BALANCE on right/left foot	Forward lean / back leg lift (10-15)	10-30sec
Exercise 3	BALANCE on right/left foot w opposite hand behind your head	Front knee lift (stationary hold) Torso twists toward lifted knee	10-30sec
Exercise 4	PLANK on forearms	Stationary hold	10-30sec
Exercise 5	PLANK on hands	Toe taps – bend knee forward	10-30sec
Exercise 6	PLANK on hands	Heel lifts - keep legs straight	10-30sec
Warm-up 7	20 Jumping Jax		10-30sec
Cool-down 7	Full body stretching / rolling		5-10min

Level 3	Starting Position	Activity Description	
Exercise 1	BALANCE on right/left foot	Front knee lifts (10-15)	10-30sec
Exercise 2	BALANCE on right/left foot	Forward lean / back leg lift (10-15)	10-30sec
Exercise 3	BALANCE on right/left foot w opposite hand behind your head	All one continuous movement: Front knee lifts Torso twists toward lifted knee Forward lean back leg lift and repeat...	10-30sec
Exercise 4	PLANK on forearms	Stationary hold	10-30sec
Exercise 5	PLANK on hands	All one continuous movement: Toe taps – bend knee forward into Heel lifts - keep legs straight and repeat...	10-30sec
Exercise 6	PLANK on hands / wide feet	Torso twist / hand to the sky (10-15)	10-30sec
Warm-up 7	20 Jumping Jax		10-30sec
Cool-down 7	Full body stretching / rolling		5-10min

Finishing up with a proper cool-down.

Repeat a Warm-up series at the end of a workout to challenge tired muscles and kick-start the post-workout recovery process with a cool-down stretch.

Helpful HINTS:

Use a wall or dowel to help maintain balance *only when needed*
10 - 30sec rest between each exercise *only when needed*