

Marine Miguel's Dynamic Warm-Up

Perform this warm-up before every workout or run.

- Frankensteins 20-30 steps
- Knee Huggers 20-30 steps
- Walking Quad Stretch 20-30 steps
- Half Lunge Striders 20-30 steps
- Spiderman Lunges 20-30
- Pendulum Swings 15-20 each leg
- Side Lunges 10-15 each leg
- Flexibility Squats 10-15
- Sun Salutations 20 palms up, 20 palms down opposite direction
- Bent Over Chain Breakers 20-30

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