

**❖ 8 WEEKS TO GLORY: MOVEMENT PREP AND DYNAMIC WARM-UP**

Movement prep (MP) and dynamic warm-up (DWU) will increase your range of motion dramatically, warm up your body significantly and stretch all core muscles, including those in the legs, trunk and upper body.

By implementing this into your daily workout routine, you will maximize your workout effort and systematically increase blood flow to all joints and muscles. This, in turn, will reduce the risk of injuries that may occur during intense physical activity.

1. Use the following warm-up program before every strength and conditioning workout.
2. The entire MP and DWU routine should take 10-15 minutes.
3. Prior to any workout, perform a low-impact warm-up for about five minutes, perhaps using a bike or treadmill.
  1. Neck Clocks – 5x both directions
  2. Alternating Arm Hugs – 5x left, 5x right
  3. Trunk Twists – 5x left, 5x right
  4. Trunk Rotations – 5x left, 5x right
  5. Arm Circles Forward – 5x left, 5x right
  6. Body Weight Squats – 10x
  7. Forward and Backward Single Leg Lunges – 5x each leg and each direction
  8. Left/Right Hip Circles Forward/Backward – 5x each direction
  9. Lateral Hip Raises – 5x each leg
  10. Groiners – 5x each leg (assume push-up position and alternate legs, taking your foot to your hand)