

# Bored with your Warm-up?

If you do the same old warm up and always leave your ab exercises to the end, try this warm up which incorporates body weight exercises with core exercises.

*\*Consult with your physician before beginning an exercise program*

1. Forward lunge, side bend reaching overhead with opposite arm, do slowly for 10reps alternating sides

2. Plank with straight arms, lift one leg straight leg up high.

alternate legs 10x



## Second Combo

1. Lunge back and touch opposite hand to shoe, stand up and bring knee up, pause. Repeat 5x
2. repeat on other leg 5x
3. Plank position arms straight, bring knee to chest, tap shin to floor, lift shin up, extend leg, same leg 5x, repeat other leg



## Third Combo

1. Good morning variation. Standing with arms crossed bend forward, legs straight (like a deadlift) stand up and drop to a deep squat, head up, arms still crossed. Continue alternating the 2 exercises for 15reps
2. Modified tuck. Laying on back, legs straight and arms at sides, sit up and bring knees to chest, extend both legs back out with a heel tap to floor, leave arms straight and head up, repeat reps 15 x
3. For a challenge, increase intensity with another set. REPEAT BUT add a wt to exercise #1 and no heel tap on exercise #2, i.e., keep feet off floor as you tuck in and keep your waist on the mat.

