

WARM UP

MKSTORM



Warm up

<https://youtu.be/U1EX7tUj2aA>

20-30 x Jumping Jacks

6 x push ups, moving onto T-slab push ups when ready/able

10 x large arm circles each direction

10 x small arm circles each direction

8 x straight arm rotations each side

10 x single leg hip circles each direction, each side

8 x zombie squats with reach through

15 x shoulder t's

5 x zombie lateral lunges per side