2014 General Weight Room Warm Up

Warm-up

Cardio for 10-15 minutes: choose 1 from the list

- Jump rope
- Jog
- Cardio Machine (you choose)
- Foam rolling (if available)

Core: Do 250-500 reps your choice

- Toe touches
- Crunch on Bosu ball
- Plank
- Side plank
- Ankle touches
- Knee crunch
- Straight leg raise
- Elbow to knee crunch
- Russian twists
- Decline sit-up with wt.
- Scissor kicks
- V-ups
- Superman
- Prone/Supine Scorpion

Shoulders/back: choose 2 and do 2x15 for each

- Bus drivers
- Front raise
- Lateral raises
- Arms circles front and back
- External rotations
- Internal rotations
- Rear Delt Fly
- BB overhead shrugs
- Overhead med ball throws
- T, W, Y or L’s
- Ball slams
- Plate Halos

Chest: choose 2 and do 2x15 for each

- 1-arm door way stretch
- Plate press
- Seal Jacks
- Push-ups
- Ball wall pass
- Ball chest press against floor
- Bench Press (DB/BB)
- Incline Press (DB/BB)

Legs: choose 2 and do 2x15 for each

- Lunges
  - Reverse
  - Side
  - Forward
  - Overhead
- Skips
  - A-skips
  - B-skips
  - Froggy Skips
- Vertical jumps
- 4 leg swings
- High kicks
- Hex Bar DL
- 3-way hamstring
- Knee Hug
- Fire hydrants
- Kick backs
- Squats
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