



James Champion Personal Trainer & Health Coach

Dynamic warm-up

I like to start at the bottom and work my way up.

8-10 reps for each exercise:

1. Ankles - rolling up onto the balls of your feet.



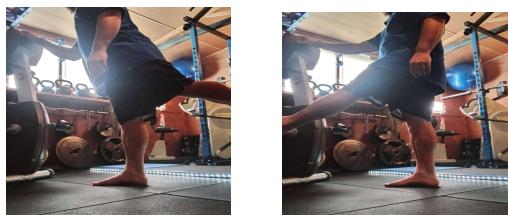
2. Knees - half squats, pushing your hips back.



3. Hips - large circles, activating the glutes.



4. Leg swings - focusing on the hamstrings.



5. Erector spinae - gentle twists & flexion.

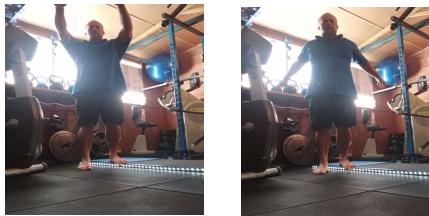




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6. Arm crossovers - alternating which arm goes on top.



7. Arm circles.

8. Neck mobility - optional.