



Enterprises, LLC.

Warm Up with this Routine!

Ideally, you'll want about seven to ten minutes to really get warm. Then do your stretches, and start to work out. If you do a really intense move and you can already feel it in your muscles, stretch again. And at the end of your workout, do some more stretches so that you won't be as sore later.

Start with one of my favorite warm-ups by marching in place. Make sure you swing your arms back and forth and lift your knees real high. You can also lunge from side to side, as if you're ice skating on the floor. To get really warm, throw in a few jumping jacks, or raise your hands over your head and then bring one arm down as you raise your opposite knee up so that your knee and elbow meet.

Now, stand up straight, pull your abs in and pull your shoulders back so that your core is engaged and you are standing firmly grounded. Now let your head droop forward, and gently roll from side to side (but don't roll to the back). Shrug your shoulders up and down a few times.

Next, swing your arms from side to side like a willow tree in the wind. Really get into it and swing big to open up your shoulders. Let one arm fall and raise the other arm over head, and stretch toward the side where your arm is down. Feel that in your ribs and side and hips. Then do it on the other side.

Now plant your feet wider than shoulder-width apart and drop down low, like you're riding a horse. Sway from side to side and let your hips and inner thigh muscles loosen up. When you've done that a few times, pick a side and let your opposite leg straighten out with your heel down and your toe up to stretch your hamstring. Now do it on the other side.

The goal with the warm-up is to get you loosened up and help blood flow to your muscles to get them warm and ready to do some real work when you begin with your cardio or weights. Don't forget to cool down afterwards with the same moves, going in reverse from faster to slower, ending with stretches. **You will feel SO good!**