



Warm up - with equipment

Chest out, shoulders back!

Knees up

Bum kicks

Open gates, close gates

Hand to opposite toe

Body hoops

Body twists

Arm circles backwards

Arm circles forwards

Arm side circles

TRX squat to overhead press

TRX lunge

Band pull-apart (palms up)

Walk to plank and push up

Star jumps

Burpees

Hangout on a pullup bar

Kettlebell figure-of-eight

Ready to go!