

Basic Low Impact Warm-Up

1. Good Mornings – 10
2. Helicopters – 10 each direction
3. Windmills 10 each leg
4. Leg Circles – 10 cycles each leg
5. Side Stretches – 10 each side, stay in control, don't stretch hard
6. Outward Side Swings– 10 each leg
7. Ankle Rockers – 10
8. Knee Up, Rotate out - 10 each side
9. Inward Side Swings – 10 each side
10. Reverse Knee Up, Rotate In – 10 each side
11. Storks – 10 per side, fight to stay balanced for 1 count
12. Quick Hammie Pull, High Knee – 20 each leg
13. High Knee Drives – 20 each leg
14. Quick Hammie Curls, Low Knee – 20 each leg
15. Swimmers – 10 each direction
16. Ankle Rotations 15 each foot, both directions
17. McDonald's – 10 each direction
18. Ankle Hops 10 to 20
19. Corkscrews – 10 each side
20. Dog Poop Wipe – 20 each side