Dynamic Warm-Up (Level 1)

- Pillar Bridge
- Reverse Lunge, Elbow to Instep (Kneeling)

- Lateral Pillar Bridge
- Basic Squat

- Glute Bridge
- Knee Blocks

- Y’s (Bent Over)
- Jumping Jacks
Dynamic Warm-Up (Level 2)

- Pillar Bridge w/ Arm Lift
- Reverse Lunge, Elbow to Instep (In Place)
- Dynamic Lateral Pillar Bridge
- Split Squat
- Glute Bridge w/ Knee Extension
- 3 Sidestep Touch the Deck
- T’s (Bent Over)
- Jump Rope
Dynamic Warm-Up (Level 3)

- Pillar Bridge w/ Alternating Hip Flexion
- Reverse Lunge, Elbow to Instep (In Place w/ Rotation)
- Pillar Bridge Rolling
- Lateral Squat
- Glute Bridge Marching
- Quick Feet / High Knees
- Quadruped Thoracic Rotation
- Squat Jumps