**Dynamic WU**

Get your heart rate up a bit by starting here, two times through the following:

* 40 crunches
* 20 leg flutters cycles (count 1 leg only)
* 20 jumping jacks
* [High or low plank](https://www.youtube.com/watch?v=ASdvN_XEl_c) for 30 seconds. Watch video & get your form correct! After 30 seconds, go immediately into…..
* 5 push-ups
* [Hip Raise 30 seconds](https://www.youtube.com/watch?v=LIqxhTyOCcA&feature=youtu.be) or [Glute Bridge 30 seconds](https://www.youtube.com/watch?v=EEtd0uY-bMw)

Lower Body & Core Movements- each movement approximately 20 to 30 seconds unless otherwise noted

* Walking Knee Hug
* High Knee Jog
* Walking Quad Pull
* High heel jog
* Skipping regular height
* Skipping super high
* Lunge and twist (hands/elbows at shoulder level)
* Spinning side lunge
* Monster Walk
* Carioca knees high
* Bunny hop (make sure ankles are together!!!)
* Hopping alternate 4 right/4 left
* Inch Worm x 10 with one push-up each
* End with Wall stretch- see [here](https://www.youtube.com/watch?v=_OQEIiZLY-0)

*Upper Body Movement*

* Neck stretching- up/down, left/right (eyes turn), side to side (eyes stay forward, ear moves to shoulder). 4 to 5 rounds each.
* Shoulder shrugs high and low x 10
* Shoulder circles without arms x 10
* Shoulder circles with arms, small to big: double arm forward x 10, double arm backward x 10.
* Super tight streamline x 20 seconds, keep abs flat and tight, no back arching.
* Standing tricep swing x 20
* Bent over speed skater swing x 20
* Challenge- pull bar or wall frame hang for 20 to 30 seconds
* T’s, Bent T’s, and Y’s. Dozen times through about 3 to 5 seconds each.