

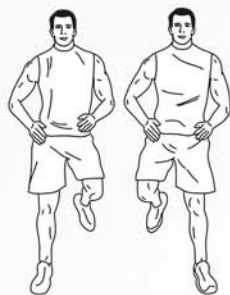
2-minute Warmup

BY DAREBEE @ darebee.com

Repeat each exercise for 10 seconds.



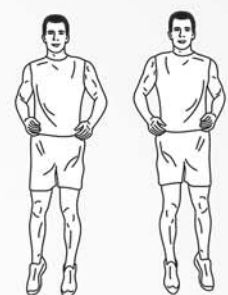
hops on the spot



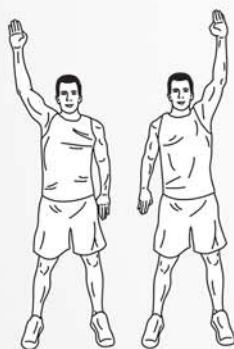
side-to-side hops
single leg



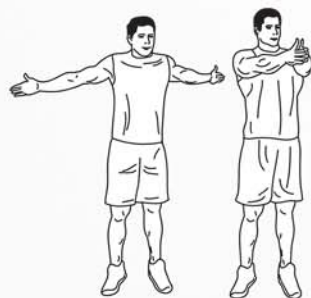
hops on the spot



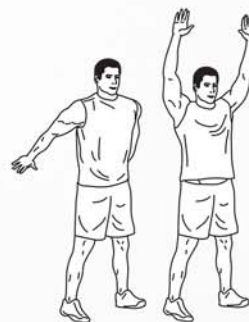
side-to-side hops
feet together



alt back expansions



chest expansions



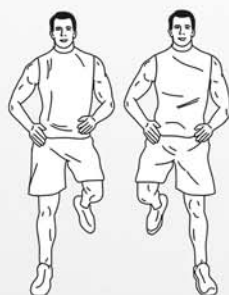
arm circles (wide)



arm circles



hops on the spot



side-to-side hops
single leg



hip rotations



torso rotations