

classic warmup

BY DAREBEE @ darebee.com 10 reps each



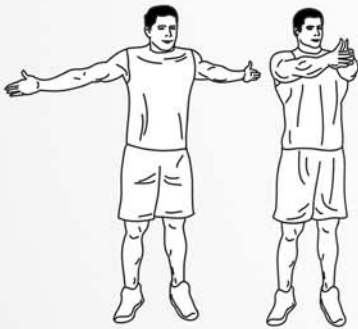
neck tilts



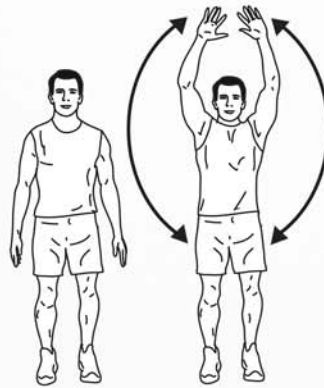
neck rotations



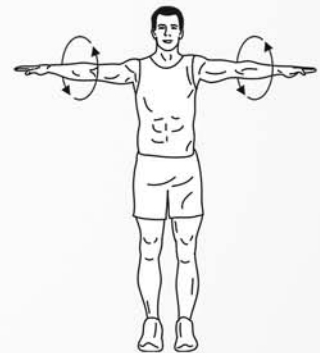
torso rotations



chest expansions



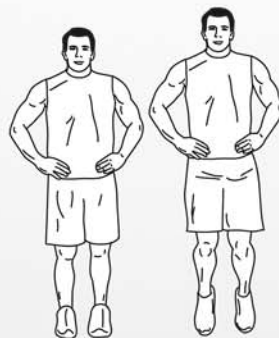
side arm raises



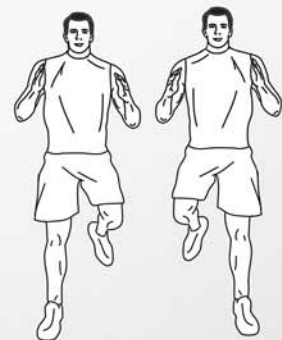
arm rotations



hip rotations



hops on the spot



side-to-side hops