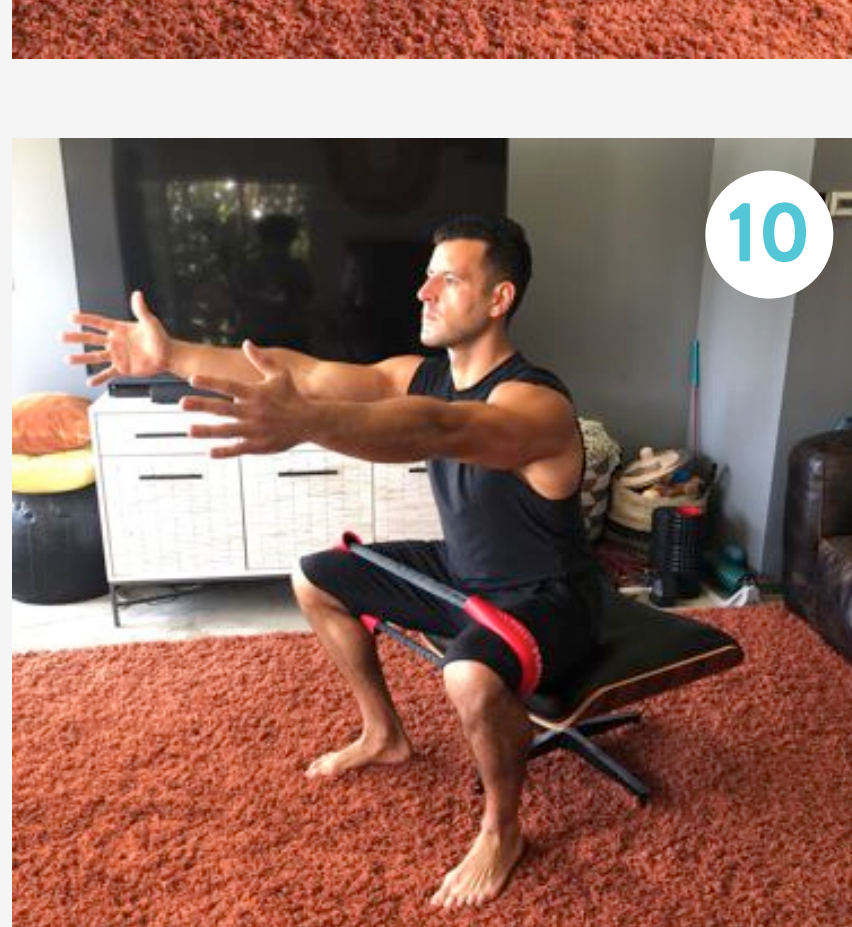
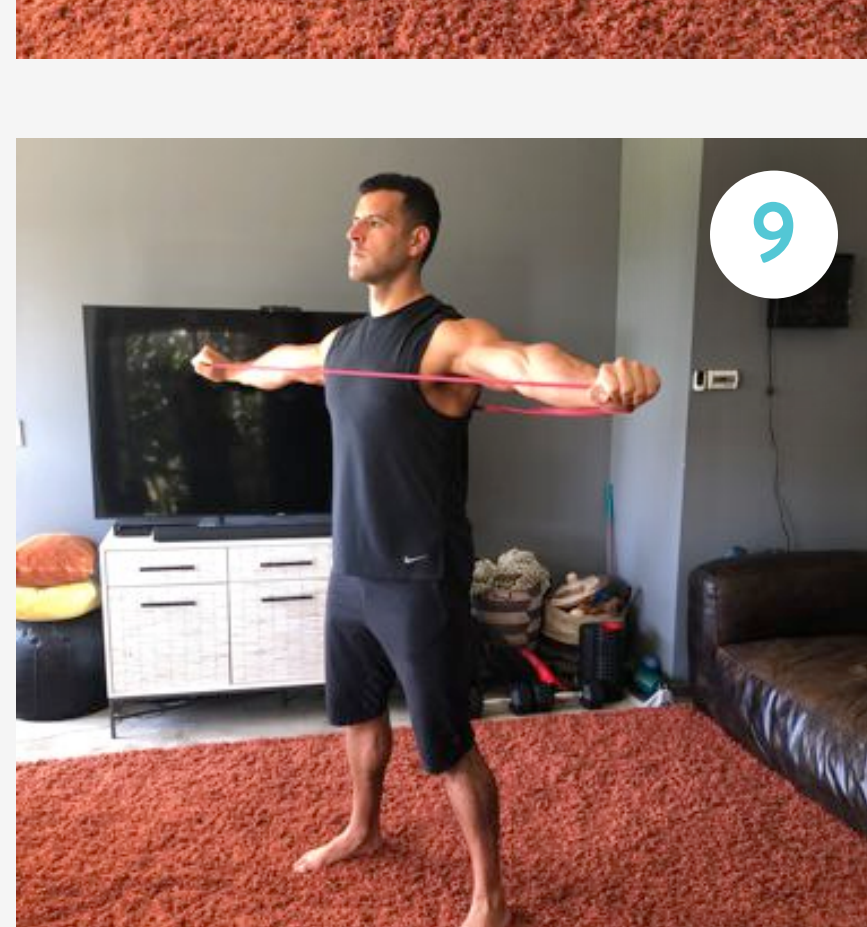
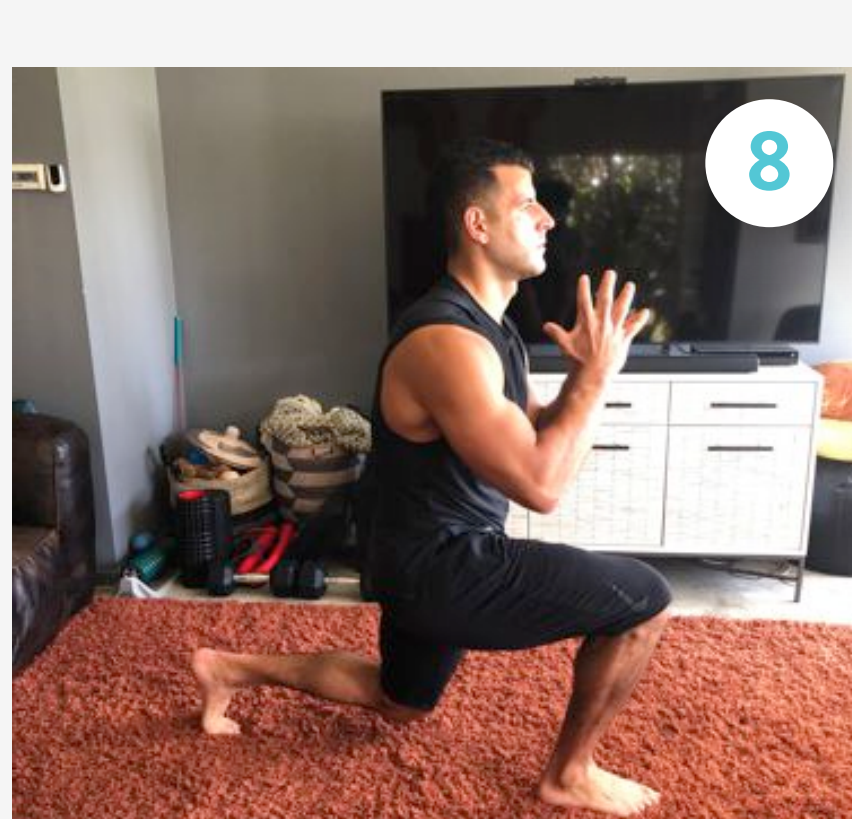
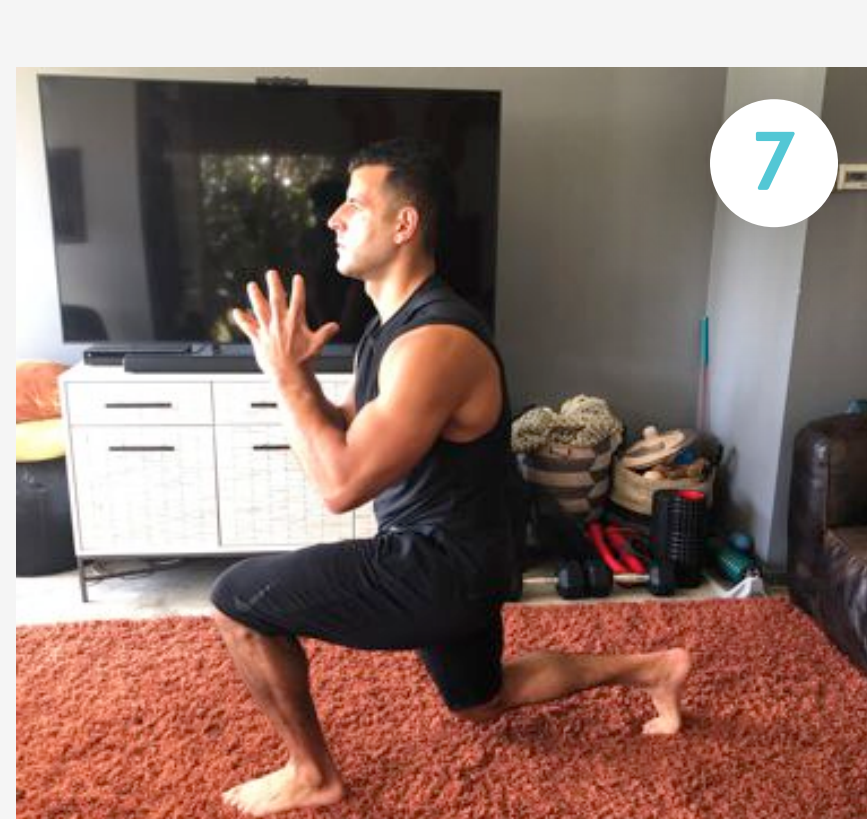
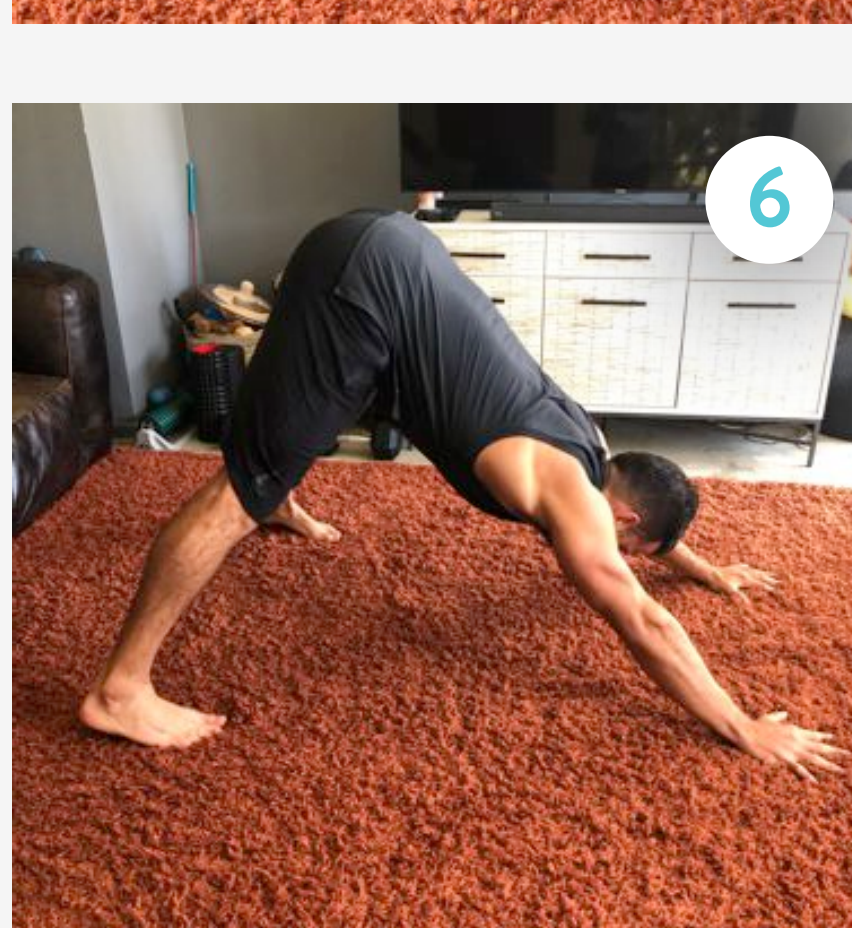
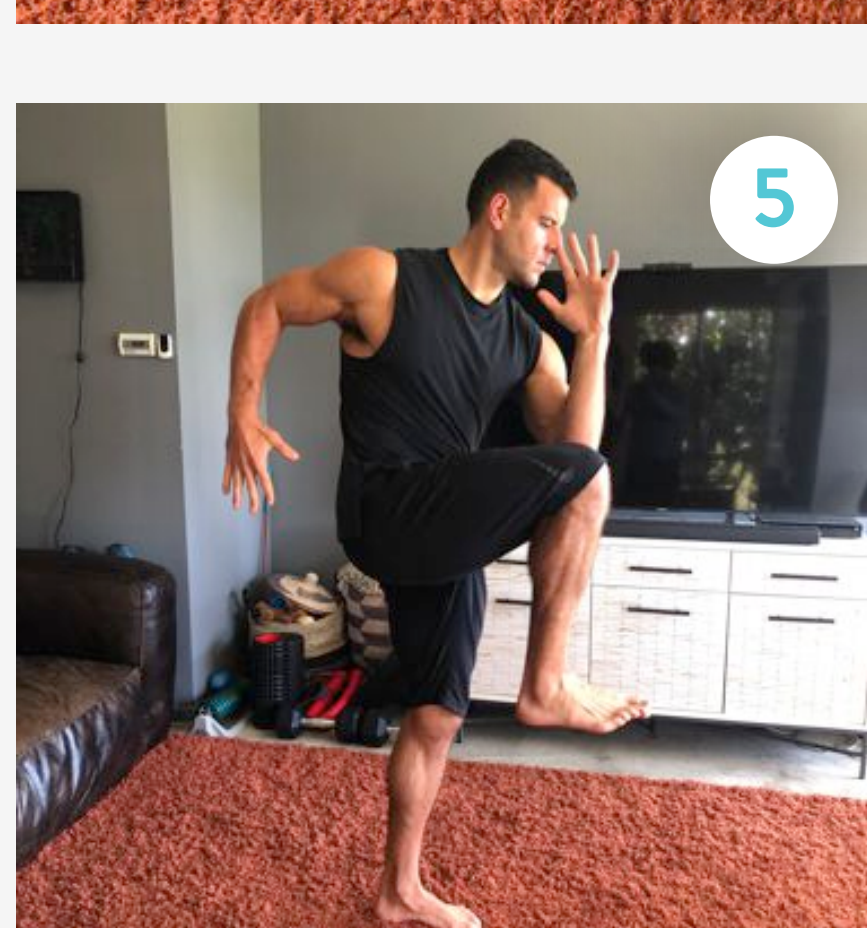
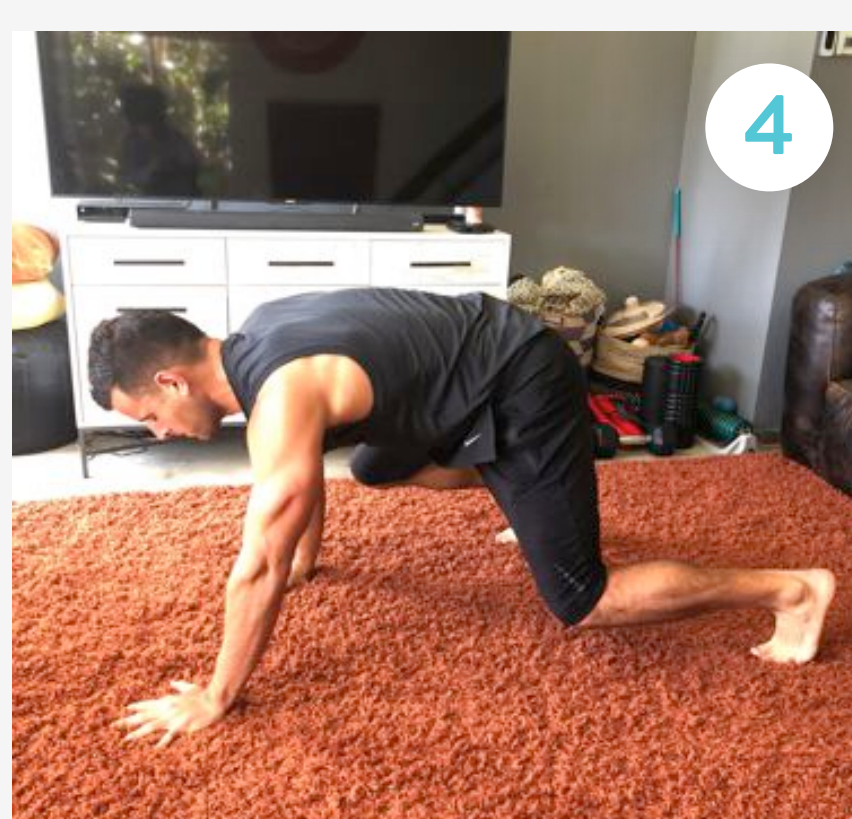
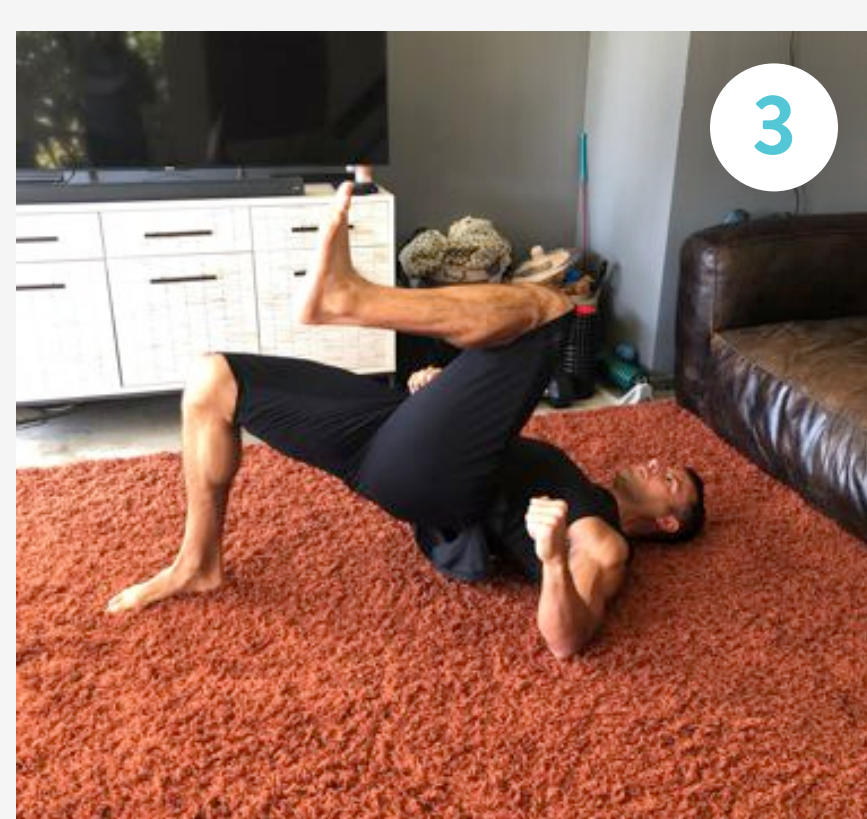
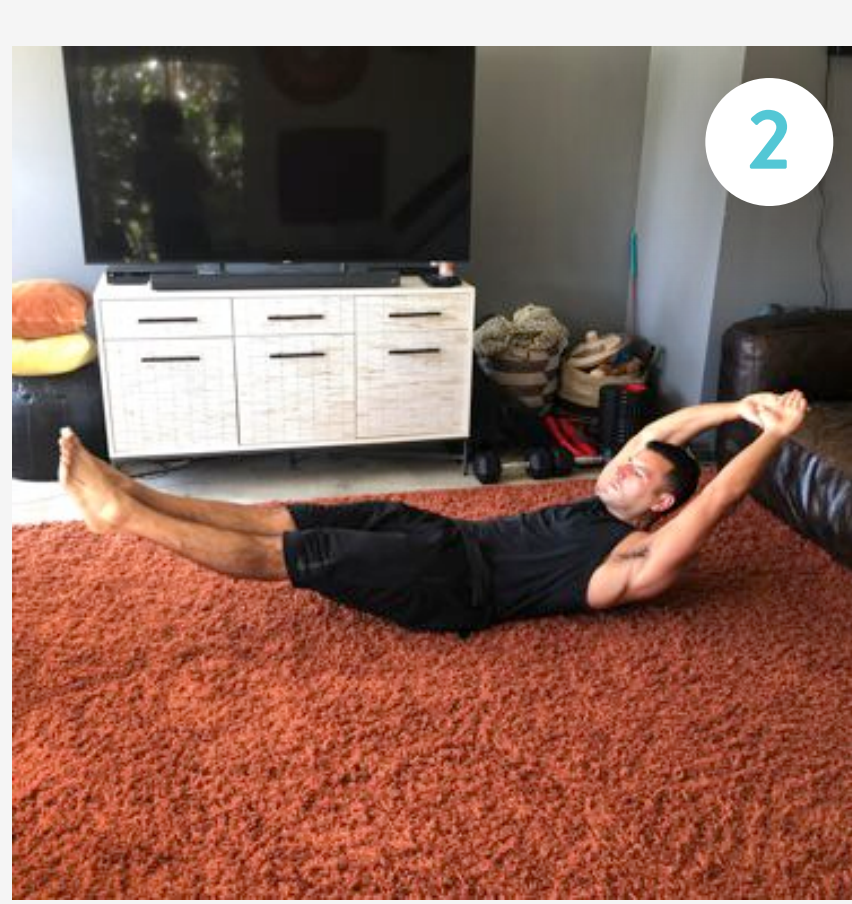
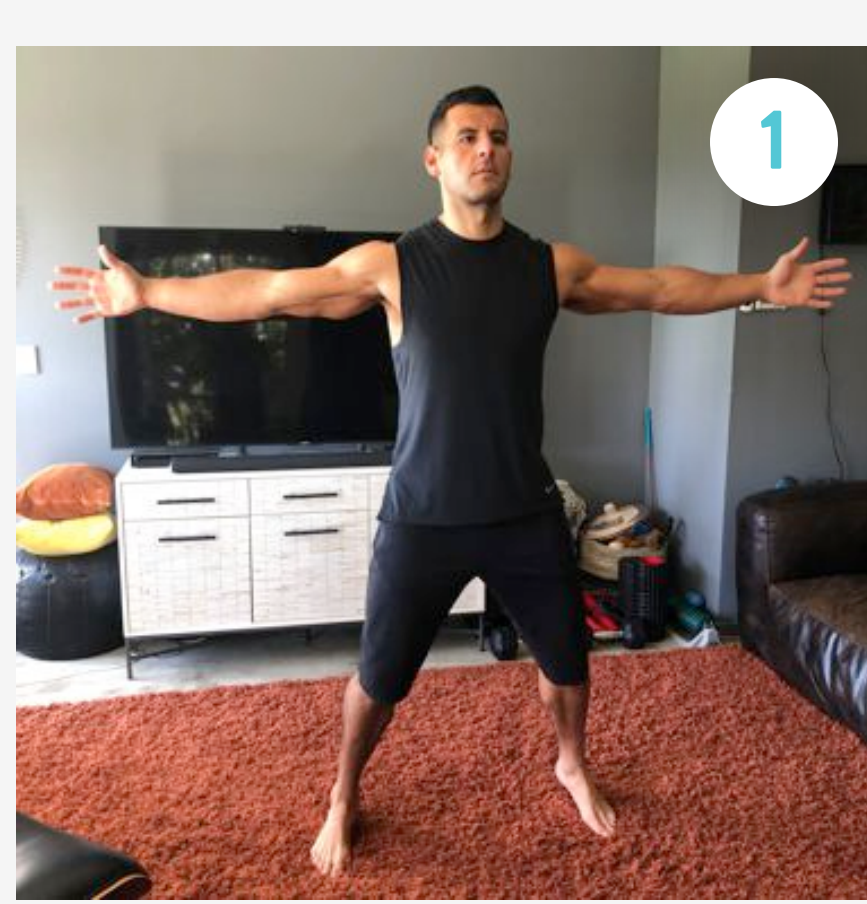


10-Minute Warmup

Perform each move for 50 seconds of work with 10 seconds of rest between moves:

	Exercise	Work	Rest
1	Seal Jacks	50s	10s
2	Hollow-Body Holds	50s	10s
3	Glute Bridge March	50s	10s
4	Bear Crawls	50s	10s
5	Stationary March	50s	10s
6	Down Dog Pushups	50s	10s
7	Split Squats <i>Left</i>	50s	10s
8	Split Squats <i>Right</i>	50s	10s
9	Band Pull-Aparts	50s	10s
10	Mini-Band Box Squats	50s	10s

That's 1 round. Perform a single round as a warmup before your main workouts. Perform 2-3 rounds for a lower intensity, active recovery workout.



See this workout at:

<https://members.thedailybj.com/warmups/videos/10-minute-warmup>