

FOLLOW ALONG
FULL BODY WARM UP
ROUTINE

1. Wrist clock walks - 2 mins



2. First knuckle push ups - 10 reps



3. Reverse wrist push ups - 10 reps



4. Planche support to downward dog - 5 reps

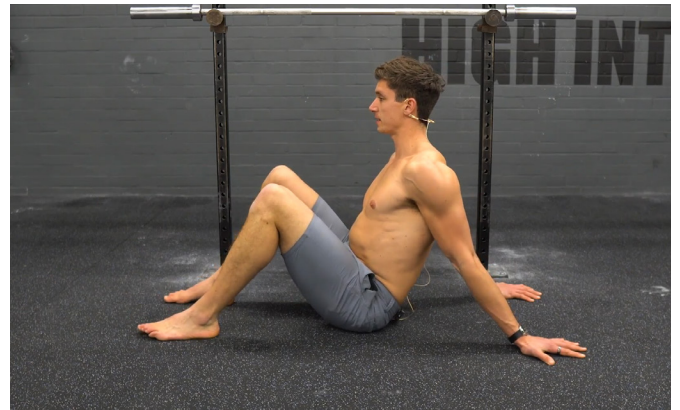
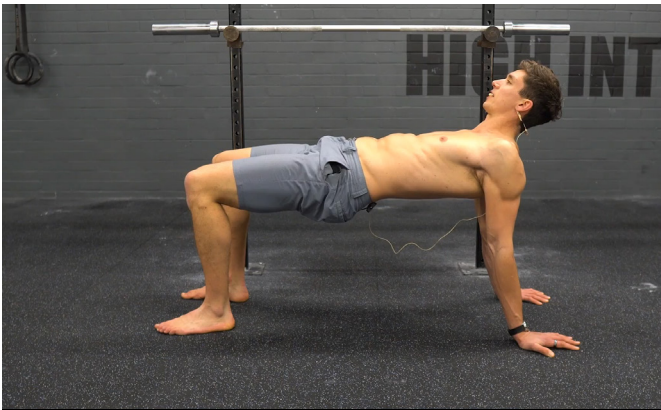


FOLLOW ALONG
Full Body Warm Up
ROUTINE

5. Push up - 5 reps



6. Tabletop - 5 reps



7. Bodyweight rows - 5 reps



8. Lunge twists - 5 reps per side



FOLLOW ALONG
FULL BODY WARM UP
ROUTINE

9. Pike to Squat - 5 reps



Follow the full video routine on YouTube

Check out the Trybe app for full flexibility routines