



## **FaB FiVe Warm Up Routines**

### **1. Bombproof Back Routine**

Injury Proof your back and strengthen your core with this routine.

Start with 1-2 sets of 10 total reps or 10 second holds.

Goal 1-2 sets of 10/10 reps or 30 second holds.

1. Alternating toe touch
2. Bird Dog
3. Plank
4. Side Planks
5. T-Spine Rotation
6. Glute Bridge
7. Hip Circles
8. Y-Squat
9. Standing Windmill
10. SLDL

## **2. Animal Movements**

Move a distance of 10 meters down and back with each movement:

1. Lateral Ape – Down leading with the left side of the body
2. Lateral Ape – Back leading with the right side
3. Bear Crawl – Forward
4. Bear Crawl - Backwards
5. Crab Walk – Down feet first
6. Crab Walk – Back head first
7. Inch Worm

Work up to 3 rounds to fire up your system!

## **3. Yogi Wannabe**

Move back and forth between positions freely. There is no set order or set time for each position. This is your flow. Go with what feels good to you.

Here is my yogi flow:

1. Down dog
2. Walk the dog
3. Prying Cobra or Up Dog variation
4. Knee to Nose
5. Hip Opener
6. Flip the Dog
7. In Line Lunge with Rotation
8. Forward Bend
9. Standing Rock Star