

Tools Warm Up Sheet



Stick Warm Up	1-10 minutes	Reps	Sets
<b>Pull Overhead Circles</b>	Circle from stomach to butt arms straight	10	1
<b>Cross Rotations</b>	Rotate upper spine side to side, keep belly button facing forward	10	1
<b>High Chest Pulls</b>	Grip wide, pull bar into chest, keep elbows above bar	12	1
<b>Digit Reach and Stretch</b>	Place bar on Ring fingers, reach/stretch side to side	12	1
<b>Hinges (vertical stick back of head to butt)</b>	Pull hips in to hinge, table top torso position	20	1

TRX Warm Up	1-10 minutes	Reps	Sets
<b>Water Ski Stretch (face TRX)</b>	Feet forward Fall back into stretch rotate side to side	20-30 seconds	1
<b>Reach Hinges (Short Straps) (Face TRX)</b>	Hips Hinge back palms reach forward, up and down keep pressure	10	1
<b>Hinge Windmills (Face TRX)</b>	Hinge and reach, one arm windmill side to side	10	1
<b>Hinge Side Swing (Face TRX)</b>	Hinge and reach two arms swing side to side	10	1
<b>Hinge two arm windmill (Face TRX)</b>	Hinge and reach two arms windmill back	10	1
<b>Dive Downs (Long Straps)(Face Away from TRX)</b>	Arms straight pushup position, reach over head and dive down as if into a pool	10	1



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<b>KettleBell Warm Up</b>	<b>1-10 Minutes</b>	<b>Reps</b>	<b>Sets</b>
<b>One arm hold w/ Palm rotations</b>	KB hangs to side feel stretch all the way behind the neck/ear	30 Second hold 3-5 palm rotations each side	2-3
<b>Halos</b>	Hold KB upside down, circle back and forth over head	10 Left/ 10 Right or Reverse side to side for 12	1
<b>Goodmornigs</b>	Hold KB upside down on chest, hinge hips back fold torso in half	10	1
<b>Bent Rows Reverse Grip</b>	Stay in hinge Pos. Palms face forward row to belly button	10	1
<b>One Arm Press With Hinge Windmill</b>	Keep eye on KB; Rotate, Press, Hinge, return to top repeat	3-5	1-2