



## Warm Up Sequence #2

- Seal Jacks X 15
- T-Spine Mobility #2 X 8 reps each side
- Hula Hoop Circles X 8 each way
- Lateral Body Bends X 6 each way
- Overhead Shoulder Dislocations X 8
- Marching Lateral Glute Stretch X 6 each side
- Wave Squat X 8
- Reverse Lunge to High Knee & Twist X 5 each side