

# Drew's Warm Up Example



(Demonstrated in [Day #28 of WellFit 365](#))

*Here is this warm up written out for you to use as a guide:*

- Jogging (either around the room, or up and down a ~10 metre area)
- High knees
- Heels to butt
- Side skipping
- Carioca ([Check the video](#) to see what this exercise is)
- Jumping jacks (pull your shoulder blades back, extend arms and really focus on the movement)
- 10-20 push ups (scale based on your level of fitness)
- 50 mountain climbers
- 10 hip extensions
- 20 body weight squats
- 5 lunges (each leg)

If your arms and chest are particularly tight or sore, you can throw two more movements as well:

- arm swings - swing them and cross them in front of your chest
- shoulder rotations

Hope this helps guys! ☺