



## **Functional Warm-up for Levels 1 and 2**

*Time: 4-5 min*

*20-30 seconds of each movement*

Woodchops straight up and down

Woodchops down-left to up-right

Woodchops down-right to up-left

March in place

Heel Kicks

Small Forward Lunge with 2-arm reach

Alternating legs

Small Forward Lunge with 1-arm  
crossover reach alternating legs and arms

Backwards Lunge with 2-arm overhead reach

March in place

Heel Kicks