



## **Functional Warm-up for Levels 3 and 4**

Time: 4-5min

30-40 seconds of each exercise

Marches with torso twist  
(elbow to knee)

Heel Kicks with side step and squat

Split Squat right leg

Split Squat left leg

Hand Walks

Mountain Climbers

Backward Lunges with  
twist alternating legs