



Start With a Warmup

Warming up gets your body ready to move. It helps increase blood flow, loosen your muscles, and lower your risk of injury. Just a few minutes of light movement before your workout can help you feel better and move more safely.

5-Minute Warm-Up Routine (No Equipment)

March in Place – 1 minute

Gently lift your knees and swing your arms. Get the blood flowing.

Arm Circles – 30 seconds forward, 30 seconds backward

Stand tall and make small to medium circles with your arms extended.

Torso Twists – 1 minute

With feet shoulder-width apart, gently rotate your torso side to side.

Leg Swings – 30 seconds each leg

Hold onto a wall or chair for balance, swing one leg forward and back.

Bodyweight Squats – 1 minute

Go slow and focus on form. Only go as low as is comfortable.

Intermediate Warm-Up Routine (5–6 Minutes)

Jumping Jacks – 1 minute

Get your heart rate up and your full body moving.

Arm Circles + Shoulder Rolls – 30 seconds each

Loosen up your upper body with controlled motion.

Hip Circles – 30 seconds each direction

Hands on hips, rotate slowly — great for mobility.

Lunges with Twist – 1 minute

Step forward into a lunge, twist over the front leg. Alternate sides.

High Knees – 30 seconds

Drive your knees up fast — go light on your feet.

Bodyweight Squats – 1 minute

Smooth, controlled squats to fire up the legs and glutes.

Inchworm Walkouts – 1 minute

Bend at the hips, walk out to a plank, then back up. Great for core and hamstrings.