

Warm up exercises – Short set



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1. Moving the neck:
 - a. Up & down
 - b. Ear to shoulder
 - c. Side to side,
 - d. 5 circles on both directions
2. Both arms circling backward and forward
3. Shoulder squeezes backward and forward
4. Opening & closing arms making a fist with hands
5. Arms extended to the side and circling backward and forward
6. Swimming with arms backward and forward
7. Arm twists:
 - a. One arm forward (left & right)
 - b. Both arms sideways
 - c. Both arms Forward
 - d. Both arms upward
8. Swinging arms
9. Standing cat and cow
10. Moving arm across the front with final stretch (left & right)
11. Spine rotation:
 - a. Arms down and relaxed
 - b. Rotating to the side raising the toes
 - c. Arms to shoulder height raising the opposite heel
12. Circling with the hips
13. Circling with the torso
14. Marching
15. Opening the hip circling the leg in both directions (left & right)
16. Long step sideways
17. Fishing with the legs
18. Squats
19. Forward bend
20. Knee and ankle flexion while grabbing legs below the knee
21. Ankle rotation
22. Arms and legs shake