

The Warm up PDF File – LittleBeastM

A: Joint Mobility Morning Routine X 1

Video: <https://youtu.be/g4ZgJ-SPeKo>

Perform 5=10 reps on each side per exercise. Go on feeling, when you need more reps to feel good and open then just do more!

B: Band Warm-up Routine X 1

Video: <https://youtu.be/jT4V08SzfWA>

Perform 10-15 reps per exercise. Keep control and try to feel the muscle's you are working, you want to AWAKE them.

C: Resistance Band Routine X 1

Video: https://www.youtube.com/watch?v=L_CWyLpck0A&feature=youtu.be

Perform 10 reps per exercise. Keep the arms straight and move from the shoulders first.

D: Lowerback Routine X 2

Video: <https://www.youtube.com/watch?v=a5s7bYkDtkw>

Perform 10-20 reps per exercise. Keep control and feel the contractions, work in the end ranges for maximum activation.

E: Wrist Routine X 2

Video: https://youtu.be/Pss4p_9hMlw

Stay very mindful, do not hurt yourself, there should be very little discomfort and never a sense of pain, if so then you are shifting too much weight on the hands, work in the ranges of motion you can do. Have patience.

Start your training, Thanks for your download and all the best to you, LBM.