

# 2-minute **WARMUP**

BY DAREBEE © [darebee.com](http://darebee.com)

Repeat each exercise for 10 seconds



**hops on the spot**



**side-to-side hops  
single leg**



**hops on the spot**



**side-to-side hops  
feet together**



**alt back expansions**



**chest expansions**



**arm circles (wide)**



**arm circles**



**hops on the spot**



**side-to-side hops  
single leg**



**hip rotations**



**torso rotations**