

2-minute **WARMUP**

BY DAREBEE © darebee.com

Repeat each exercise **10** times.



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