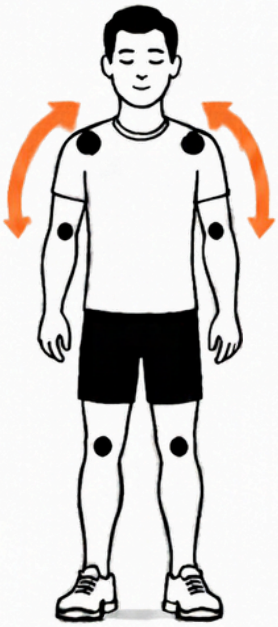
MINI MOVE BREAK

10 Min

Warm up before training or reset after sitting

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1. Deep breaths + shoulder rolls

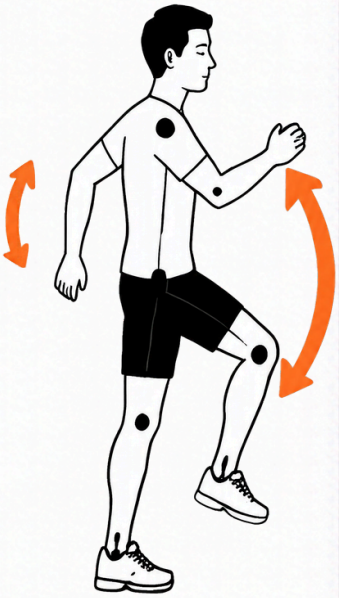


Form: Breathe slowly and deeply while rolling shoulders up, back, and down.

Focus: Lower tension and finish feeling ready to move.

60 SEC

2. March + arm swings

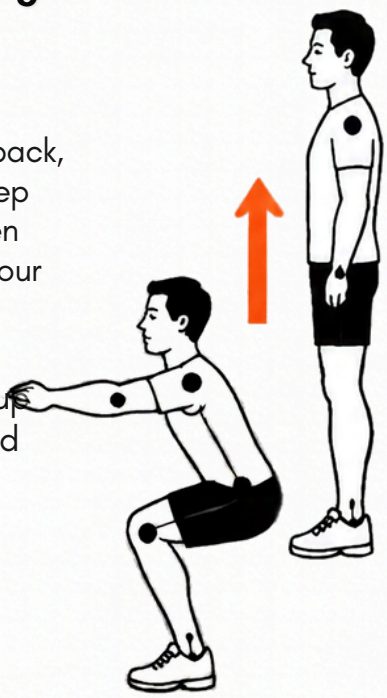


Form: Stand tall, march in place, and swing opposite arms naturally from the shoulders.

Focus: Raise body temperature and loosen shoulders.

60 SEC

3. Bodyweight squats

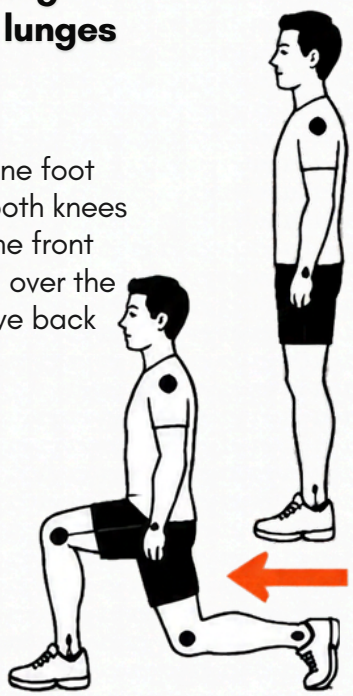


Form: Sit hips back, bend knees, keep chest lifted, then press through your feet to stand.

Focus: Warm up hips, knees, and thighs.

10 REPS

4. Alternating reverse lunges



Form: Step one foot back, lower both knees softly, keep the front knee tracking over the foot, then drive back to standing.

6 EACH SIDE

MINI MOVE BREAK

Warm up before training or reset after sitting

10 Min

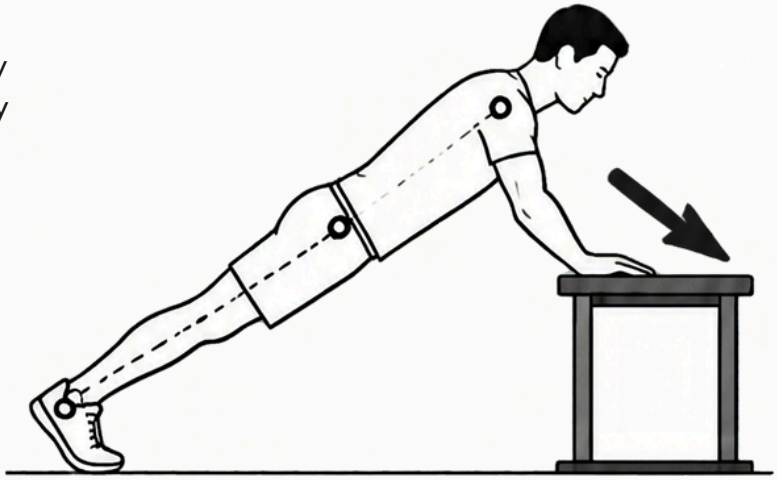
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5. Incline push-ups

Form: Place hands on a sturdy raised surface, keep your body in one straight line, lower with control, and press back up.

Focus:
Activate chest, shoulders, arms, and core.

8 REPS

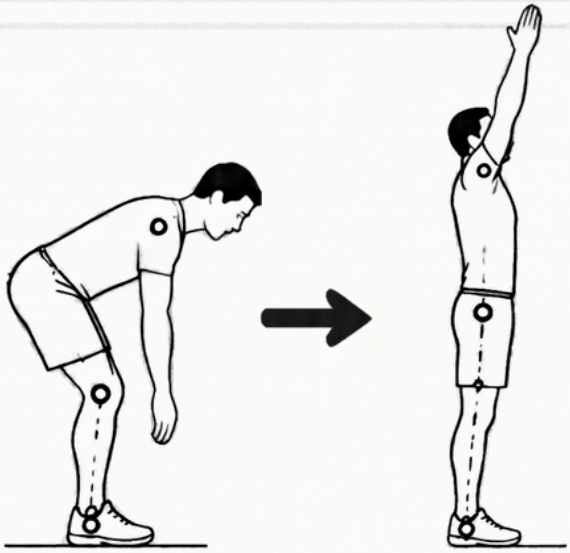


6. Hip hinge + reach

Form: Soften your knees, push hips back with a long spine, then stand tall and reach both arms overhead.

Focus:
Wake up hamstrings, glutes, back, and shoulders.

8 REPS

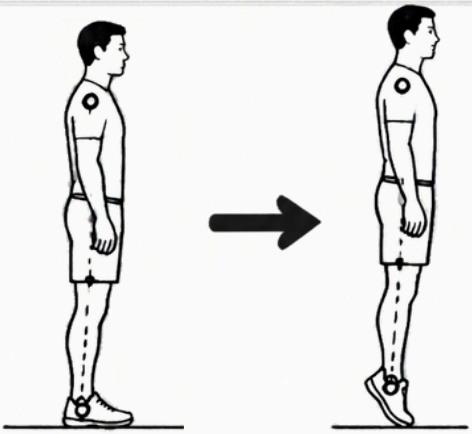


7. Calf raises

Form: Stand tall, rise onto the balls of your feet, pause briefly, then lower slowly.

Focus:
Warm up ankles and calves.

15 REPS



Move smoothly. Stop if anything hurts.