

# LoadXplode Dynamic Warmup Five

Exercise	Focus	Cues
Toe Touch	Flexion	Knees straight/Uniform curve of spine
Squat to Extension	Hip Hinge	Grab Toes/Deep squat then extend knees
Knee Plank to Push Up	Core Stability	Sets position for following exercises
Plank Downward Dog	Core Stability	Hips high/Push away the ground
Side Plank	Core Stability	Straight lines arms & body
Child's Pose	Tspine Ext	Push away ground/Deep breathes
Around the World Bear	Core Control	No weight shift/Stay Centered
Lat Stretch	Side Bend	Grab floor & sit/Deep breathes
Bear Stance Bone Outs	Core Control	Grab toe, rotate & bone it out!
Deep Squat Hold	Squat Pattern	Actively sit in your squat
Egg to Hollow Rocks	Flexion Control	Squeeze knees/Ext to hollow rocks