

# Indoor/outdoor dynamic warm-ups

**Here are a whole bunch of exercises you can pick from to warm up, or use a combination of them to do a whole workout inside or outside if you have a limited amount of space:**

Bunny Hops

Bear Crawl

Skip

Hopscotch

High Kicks

Push ups

Jumping jacks

Lunges

Skater hops

High Knees

Butt Kicks

Side shuffle

Grapevine

High kicks squat

Planks

Arm circles

Twist

One leg hops

Sit ups

Star jumps

Beached whale

Wall sit

Inch worm

Balance

Heel toe walk

Frog leaps

Toy Soldiers