

# Kettlebell: Dynamic Warm-Up Exercises

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**Directions:** For optimal joint mobility and functional movement, perform all the mobility exercises following my whole body **Dynamic Warm-Up**. Do a few reps of each then move to the next exercise starting with upper body and finishing with lower body.

- RJ Dynamic Warm-Up!**
- Alligator**
- Alternate Arm Raise**
- Arm Press**
- Cymbal Crash**
- Fast Pitch**
- Hand Slaps**
- Head-Turn**
- Head-Tilt**
- Head-½ Roll**
- High Reach & Roll**
- Jacks Without Jumps!**
- Lateral Reach**
- Scare Crow**
- Shoulders Back & Down**
- Shoulder Tap**
- Standing 'Y'**
- Standing 'T'**
- Standing 'W'**
- Swim Stroke**
- Twist/Turn**
- Wrist-Paint**
- Wrist-Roll**
- Wrist-Swim**
- Ankle Point**
- Ankle Roll**

\* Ron Jones (6.1.08)