

DYNAMIC WARM-UP EXERCISES

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)



Level I: "Ron Jones Dynamic Warm-Up"

1. Spinal Rotation
2. Scorpion
3. Calf Stretch
4. Squat & Back Extension
5. Single-Leg Balance Reach
6. Forward Lunge Reach
7. Backward Lunge with Twist
8. Drop Lunge
9. Lateral Lunge Reach
10. Spinal Flexion/Extension & Shoulder Retraction

Level II: "Verstegen Movement Prep"

1. Hip Crossover
2. Scorpion
3. Calf Stretch
4. Hand Walk
5. Inverted Hamstring
6. Forward Lunge/Forearm-to-Instep
7. Backward Lunge with Twist
8. Drop Lunge
9. Lateral Lunge
10. Sumo Squat-to-Stand