










# “Dynamic Warm-Up” Exercises: LEVEL I

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<p><b>1. SPINAL ROTATION</b></p> 	<p><b>6. FORWARD LUNGE REACH</b></p> 
<p><b>2. SCORPION</b></p> 	<p><b>7. BACKWARD LUNGE TWIST</b></p> 
<p><b>3. CALF STRETCH</b></p> 	<p><b>8. DROP LUNGE</b></p> 
<p><b>4. SQUAT &amp; BACK EXTENSION</b></p> 	<p><b>9. LATERAL LUNGE REACH</b></p> 
<p><b>5. SINGLE-LEG BALANCE REACH</b></p> 	<p><b>10.SPINAL FLEX/EXT/RETRACT</b></p> 