

New Warm-up for Mr. Dyer's Gym 2015-16

Be ready to move...

Let's go....!!!



Jumping Jacks



Side Lunges



Run in Place

9A



9B



Mountain Climbers



Invisible Jump Rope (Back-to-Front)



Butt Kicks



High Knees



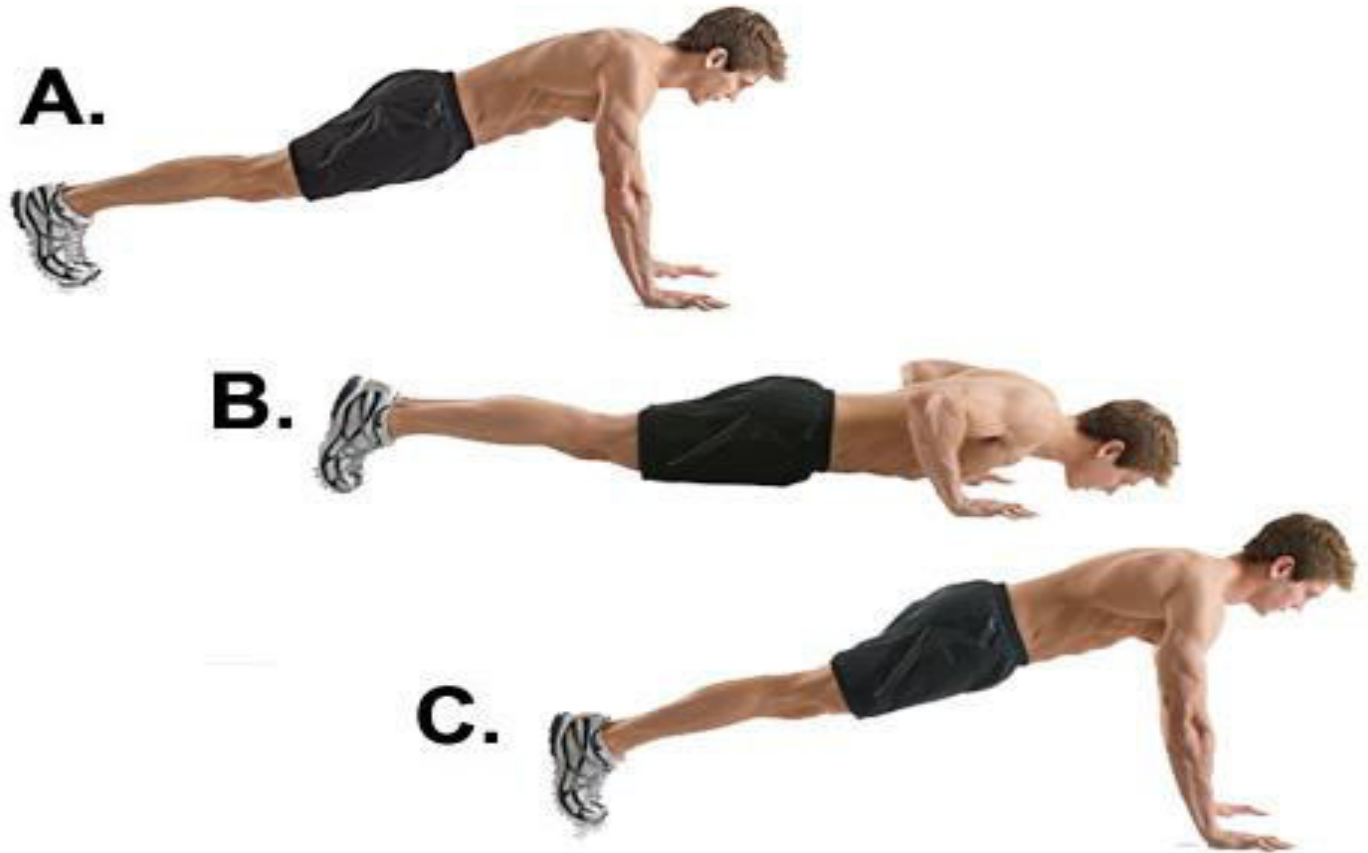
Squats



Burpees



Push-ups



Walk in Place



YOU HAVE FINISHED THE
WARM-UP !!!



NOW, YOU SIT CRISS-CROSS AND
WAIT FOR THE ACTIVITY TO
BEGIN...

