



FULL BODY WARMUP AND COOL DOWN TO
AVOID INJURIES AND MAXIMIZE
PERFORMANCE
FEATURING *TIMBERWOLF CROSSFIT*

(SEE VIDEOS FOR DEMONSTRATION)

Stick Stretches (*Pre-workout or daily movement*)

- ◆ Pass-throughs
- ◆ Good-mornings
- ◆ Leg swings (forward and backward & across the body)
- ◆ Overhead squat
- ◆ Lat stretch

Stationary Movements (*Warmup*)

- ◆ Air squat
- ◆ Trunk twist (upright and bent over)
- ◆ Hip circles (both directions)
- ◆ Arm swings (small to big, forward and backward)
- ◆ Lat stretch

Active Movements (*Warmup*)

- ◆ Lunge to rotation
- ◆ Knee to chest, up to tiptoes
- ◆ Quad stretch
- ◆ Imaginary hurdle
- ◆ High kicks

Static Stretches (*Cool down*)

- ◆ Samson stretch
- ◆ Runners lunge
- ◆ Hip stretch
- ◆ Quad stretch
- ◆ Shoulder stretch (hand flat and hand turned)