

GONNERS

Progressive fitness



Dynamic warm up

- Cat/Cow
- Upper back rotation
- Plank to downward dog
- Side and forward leg swings
- Deep squat rotation
- lunge flow

1

KEY NOTES

Move through movements slowly and with control.

2

KEY NOTES

Remember to breathe to increase depth and range of motion.

3

KEY NOTES

Avoid ballistic stretching which can strain muscles and cause injury.



Tip 1

Incorporate before every workout.



Tip 2

Aim to perform 10-12 reps per side



Tip 3

Do not hold any movement for more than 10 seconds, flow through each one.