

Waiting Line Warm Up

By Amanda Pack, Sr. Recreation & Fitness Program Coordinator

Trying to make the most of your reservation? Warm up in line! Try these 6 mobility moves before your next workout.

1. **Spinal Extension and Flexion** - Inhale to open your chest and arch your back, exhale to close and round your back.
2. **Hip Hinges** - Inhale through a tall spine; exhale to fold at your hip creases. Hamstrings tight? Allow your knees to bend to support your hamstrings.
3. **Alternating Lunges** - Step forward into a lunge, focusing on lengthening your hip flexors. Step back and switch sides.
4. **Figure 4 Squats** - Standing, cross one angle just above your knee. Sit down into a squat. Stand and switch sides.
5. **Lateral Lunge** - Begin with your legs wide. Bend 1 knee while keeping the other leg straight. Sink into your hips and stretch the opposite inner thigh. Repeat on the second side.
6. **Squat** - Standing with your legs slightly wider than hips width, bend your knees and send you hips back to squat. Press through your heels to stand. Be sure to keep your abs and pelvic floor engaged and your spine long. Option: Place your hands on your thighs for support and sink deep into your hips while taking a couple deep breaths.

