

THE 6-MINUTE WARM UP

**5 MOVES.
60 SECONDS EACH.
1 GREAT WARM UP.**

What you will need:

1. Timer
2. Water
3. Skipping rope

Instructions:

1. Complete each move for 60 seconds, then take 10 seconds to rest.
2. After you have completed all five moves, begin your workout.

ONE



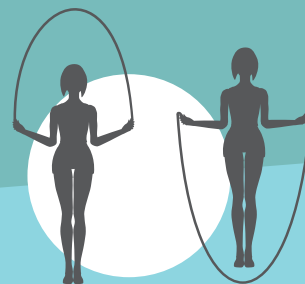
1. Easy Jog on the Spot

- Engage your core and gently jog in place for 60 seconds.

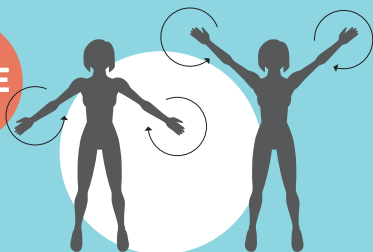
2. Jump Rope

- Jump over the skipping rope for 60 seconds.
- If you do not have a skipping rope, pretend you are holding handles in each hand and twirl your arms while jumping for 60 seconds.

TWO



THREE



3. Arm Circles

- Stand tall with both arms out to your side.
- With your palms facing down, draw circles clockwise in the air with your arms for 30 seconds.
- Flip your palms up and draw circles counterclockwise in the air with your arms for 30 seconds.

4. Hip Circles

- Stand tall with both feet flat on the floor and place your hands on your hips.
- Swing your hips in a clockwise circle for 30 seconds.
- Repeat this motion in the other direction for 30 seconds.

FOUR



FIVE



5. Light Jumping Jacks

- Stand tall with your feet together and hands at your sides.
- Gently jump and spread your legs to a wide position with your hands touching overhead.
- Return to a position where your feet are together and your arms are at your sides.

Warning: The use of any information/videos provided on www.brampton.ca is solely at your own risk. Parents or legal guardians should be aware of any activities undertaken by their children. The City of Brampton assumes no responsibility for injuries or any damages suffered as a result of performing the exercises and activities made available on www.brampton.ca. Before you undertake any form of physical activity, we urge you to consult with a doctor or medical professional. If you experience faintness, dizziness, pain or discomfort, stop the exercise immediately and consult a medical professional.