



Brain Warm-Up Exercises

- Toss Ball to Self: right hand to left hand 20x
- One-Legged Toss 10x
- Cross Crawl 10 sets
- Cross Chop 10x each side
- Jumping Jacks 10x – add variation
- Triceps Dips 10x
- Bicycle 10x
- Bridging both feet 10x or 10 seconds -or-
- Bridging using only one foot at a time 10x or 10 seconds
- Plank 10-60 seconds
- Jump Rope
- Grapevine