










"Ron Jones" Dynamic Warm-Up

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)



<p>1. SPINAL ROTATION</p> 	<p>6. FORWARD LUNGE REACH</p> 
<p>2. SCORPION</p> 	<p>7. BACKWARD LUNGE TWIST</p> 
<p>3. CALF STRETCH</p> 	<p>8. DROP LUNGE</p> 
<p>4. SQUAT & BACK EXTENSION</p> 	<p>9. LATERAL LUNGE REACH</p> 
<p>5. SINGLE-LEG BALANCE REACH</p> 	<p>10. SPINAL FLEX/EXT/RETRACT</p> 