

The "Barnum" Workout

Arm Swings



- Shoulder-width stance.
- Alternate between swinging your arms across your chest and out to the side.

10 repetitions each direction

Y to W Raise



- Stand up tall with arms making the "touchdown" sign.
- Lower your arms while you pinch your shoulder blades.

10 repetitions

Lunge



- Stand up tall and step forward.
- Weight shift onto front leg.
- Let your knees bend while you lower your body.

10 repetitions each side

Standing Inner Thigh Stretch



- Stand with a wide stance.
- Shift weight to one side, allowing knee to bend, keeping opposite knee straight.

Hold for 20 seconds each side

One Arm Chest Stretch



- Stand up tall and place your hand on a wall.
- Step forward and slowly turn your body away from the wall.

Hold for 20 seconds each side

Neck Retraction



- Look straight ahead.
- Slowly move head backward.
- Hold for a few seconds.

10 repetitions

Warm-ups prepare the body for work:

- Warmer muscles contract more forcefully, relax more quickly and reduce the risk of injury. Additionally, warmer muscles disrupt tissue adhesions.
- Increases heart rate and improves circulation by dilating blood vessels.
- Increases the amount of synovial fluid around joints, lubricates the joints, and supports movement.
- Improves mental focus, situational awareness, and concentration by increasing Serotonin and Dopamine.