



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



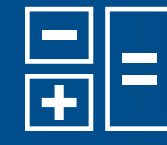
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THE BEST 15-MINUTE WARM-UPS

Maximize your workout with these versatile and quick warm-up routines! In just 15 minutes, you will be better prepared for any workout program that you take on.

Link to Workout: <https://www.muscleandstrength.com/workouts/the-best-15-minute-warm-up>

Main Goal: General Fitness
Training Level: Beginner
Time Per Workout: 15 Mins

Equipment: Bands, Barbell, Bodyweight, Foam Roll, Kettle Bells, Other
Target Gender: Male & Female
Author: Roger "Rock" Lockridge

Full-Body Focused Warm-Up

Exercise	Sets	Reps/Time	Rest
Fast-Paced Walk	1	3 Min	30 - 45 Sec
Plantar Fascia w/ Lacrosse Ball	1	15 Sec, Each Foot	30 - 45 Sec
Donkey Calf Raise	1	15	30 - 45 Sec
Dumbbell Goblet Squat	1	15	30 - 45 Sec
Bodyweight Walking Lunge	1	10, Each Leg	30 - 45 Sec
Side Plank	1	30 Sec, Each Side	30 - 45 Sec
Plyometric Push Up	1	15	30 - 45 Sec
Rack Lat Stretch	1	30 Sec	30 - 45 Sec

Lower Body Focused Warm-Up

Exercise	Sets	Reps/Time	Rest
Fast-Paced Walk	1	3 Min	30 - 45 Sec
Bodyweight Standing Calf Raise	1	15	30 - 45 Sec
IT Band Foam Roller	1	30 Sec, Each Side	30 - 45 Sec
Bodyweight Single-Leg Deadlift	1	15, Each Side	30 - 45 Sec
Prisoner Squat	1	15	30 - 45 Sec
Prisoner Squat (Hold at the Bottom)	1	30 Sec	30 - 45 Sec
Superman	1	30 Sec	30 - 45 Sec
Plank	1	30 Sec	30 - 45 Sec
Band Pull-Apart	1	15	30 - 45 Sec

Upper Body Focused Warm-Up

Exercise	Sets	Reps/Time	Rest
Fast-Paced Walk	1	3 Min	30 - 45 Sec
Push Up	1	15	30 - 45 Sec
Bench Dips	1	15	30 - 45 Sec
Arm Circles (Clockwise)	1	15	None
Arm Circles (Counter Clockwise)	1	15	30 - 45 Sec
Eccentric Only Pull Up	1	5	30 - 45 Sec
Seated Zottman Curl	1	15	30 - 45 Sec
90/90 Hip Crossover	1	15, Each Side	30 - 45 Sec
Sit Up	1	15	30 - 45 Sec
Jump Squat	1	15	30 - 45 Sec