
Notes: This warm-up routine is not good enough if you are about to embark on fast running drills or high intensity workouts. It is the minimum you should do if you just want to go for an easy run.

1- Standing roll down



Stand with your feet hip distance apart and your knees slightly bent. Tuck your chin into a double-chin and then take it all the way onto your chest. Now curl your spine down starting from the top until you're hanging from your hips.

Don't stretch your arms down to the floor or to your legs (like he is doing) - rather allow them to just hang loosely from their sockets as you bend forward. While in this position, wiggle your bottom a few times from side to side and feel you neck and spine relax.

Spend about 10 seconds in this position. Then reverse the movement by pulling in your stomach muscles and gently curling back up from the lower back to your neck until you're upright.

Hold the position for about 10 seconds.

Do 3 repetitions.

2- Lunge Dips



Give a big step forward and go into a lunge position. Make sure that you tilt your pelvis back so that you can feel a stretch along the front of the thigh (quad/hip flexors) of the leg at the back. Now dip deeper into the lunge.

Do about 10 dips with your one leg in the front. Then switch legs and do 10 dips with the other leg at the front.

Now do a set of Lunge Walks before you do another set of dips.

3- Lunge Walk



After doing one set of lunge dips do one set of lunge walking. Take a step forward and lower into a lunge with your knee over your front foot. Sink deep into the lunge to feel a stretch over the front of your thigh and hip. Then step up and place the other foot forward and sink into the movement. Walk 10 steps.

Then repeat a set of the Lunge Dips before doing another 10 steps

4- Heel lifts



Starting position: Stand on one leg on a step/book/side walk. Hold on to something for stability, as this is not a balance exercise.

Movement: Keeping your knee straight lift up and down on one leg.

Do 10 times before you change legs.
Do 2 sets on each leg.