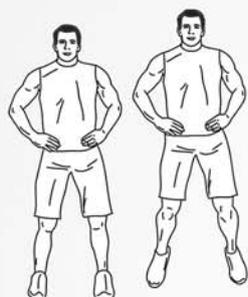


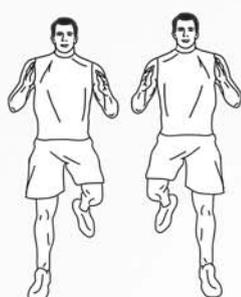
# 4-minute Warmup

BY DAREBEE © [darebee.com](http://darebee.com)

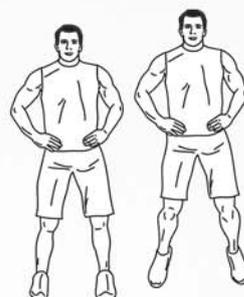
Repeat each exercise for 20 seconds.



hops on the spot



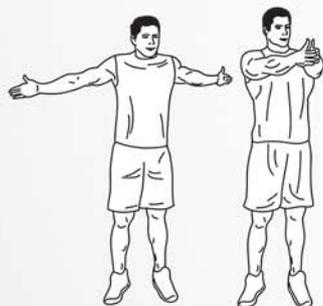
side-to-side hops



hops on the spot



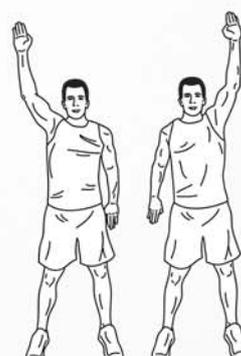
single leg hops



chest expansions



arm circles



alt chest expansions



arm circles



torso rotations



hip rotations



torso rotations



shoulder rotations