



## Tips & Tricks

*Welcome to Walk Run Race (powered by Studio SWEAT on Demand).  
We provide the training workout, tips and you put in the time!*

# Dynamic Warm-Up

All training workouts should be preceded by a dynamic warm up. Here is what we will be using for WRR:

- Butt kickers
- Toy soldiers
- Side lunges
- Side lunges with a core twist
- Gate Swings
- Crescent Kicks
- Forward Lunge with a twist
- Arm circles

After your dynamic workout, stream the training program and use the repetitive warm up to gradually elevate your core temperature before you take off on your walk, jog or run.