



# ANABOLIC

Running

WARM – UP EXERCISES  
(VIDEOS INCLUDED)

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# ANABOLIC RUNNING WARM-UPS

<a href="#"><u>HIGH LEG KICK (VIDEO)</u></a>
<a href="#"><u>PUSH-UP SHOULDER TAP (VIDEO)</u></a>
<a href="#"><u>SHOULDER CIRCLES (VIDEO)</u></a>
<a href="#"><u>ARM SWING (VIDEO)</u></a>
<a href="#"><u>NECK ROLL (VIDEO)</u></a>
<a href="#"><u>JUMP ROPE (VIDEO)</u></a>
<a href="#"><u>HIGH KNEES</u></a>
<a href="#"><u>BUTT KICKS (VIDEO)</u></a>
<a href="#"><u>LUNGE JUMP (VIDEO)</u></a>
<a href="#"><u>JUMP SQUAT (VIDEO)</u></a>
<a href="#"><u>KNEE RAISE STRETCH (VIDEO)</u></a>
<a href="#"><u>FROG JUMP (VIDEO)</u></a>
<a href="#"><u>WALKING LUNGE (VIDEO)</u></a>
<a href="#"><u>WALKING LUNGE WITH TWIST (VIDEO)</u></a>