**3rd-8th Fitness Warm Up**



1. **Burpees (3 Times)**
   1. Walk out with hands, push up, walk back, stand up
2. **Mountain Climbers (10 Times)**
3. **Star Jumps (10 Times)**
4. **Calf Raises (10 Times)**
5. **Squat Crossover Reach (5 Times each side)**
6. **Split Squat to Warrior 3 (5 Times)**
7. **Push Up**
   1. Raise R/LHand (3 Times)
   2. Raise R/L Hand to the sky (3 Times)
   3. Dive Bomber (3 Times)
8. **Sit Up**
   1. Touch Heels on both sides (5 Times)
   2. Push R/L leg to ceiling (5 Times)
   3. Russian Twist (10 Times)
9. **Superman (5 Times)**
10. **Stretch Abs**
    1. Childs Pose
    2. Seal Stretch