**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