

# Donia's Warm ups – Version 1

## **Breathing, Neck, and Shoulders**

Hang forward (bending knees, if desired). Take 2 deep breaths. Roll slowly up.

Roll shoulders (back x8, front x8)

Ear to the shoulder. Other side. x2

Roll head from side to side. x3

Look over the right shoulder. Look over the left shoulder. x2

Head slides

Roll shoulders back, alternating shoulders.

Roll shoulders back, alternating, with arms out to the side.

Snake arms - first right arm x8, then left arm x8, then both together x8

## **Torso**

Chest lifts x8 slow, x8 fast

Chest slides (side to side) x8

4 Points of chest – lift, slide left, release, slide right x4 (then change direction and reverse)

Circle the chest - following path of 4 points (then change direction)

Expand/contract to stretch out the chest (push forward to expand, pull back to round out the spine) x4

## **Lower Body and Hips**

Ankle circles

With feet hip width apart, sit as low as you can without your heels coming off the ground and then rise up on your toes x8

Hip slides – gently side to side

Rock hips forward and then back (with a flat back) x4

4 points of hips – forward, slide to the left, back (with a flat back), slide to the right

Big hip circles (following the path of the 4 points)

Small hip circles (flat back when circling through the back)

Unweighted Hip lifts – done 8 per side, 4 per side, 2 per side, and then alternating every time for 8 more counts

Unweighted Hip twists – same pattern as above

Weighted Hip lifts – done 8 per side and then alternating every time for 8+ more counts

## **Shimmies**

Knee shimmy – create an up and down shimmy by bending and straightening the knees (start very slow and deliberate)

Twisting shimmy – Twist the hips straight from right to left to right (slowly) x8, increase to twisting shimmy (or as fast as possible)

Shoulder shimmies – start with shoulder pushes slow x8, double-time x8, increase to shoulder shimmy (or as fast as possible)