**Full Body Warm-Up**

**with Rising New York Road Runners**

(Flexibility Warm-Up)

[YouTube Video Demo](https://vimeo.com/412844918)

**What you need:** The [Full Body Warm-Up video](https://vimeo.com/412844918) from RNYRR

The object of this activity is to perform each dynamic warm-up activity while following along with the Rising New York Road Runner video.

Ankle Circles

Leg Swings

Side Leg Swings

Trunk Twists

Hip Circles

Arm Scissors

Neck Circles

Shoulder Rolls