

# Early to Rise Customer Support

Knowledgebase > Exercise FAQs and Substitutions > Warm Up

---

## Warm Up

Honey - 2020-02-07 - Exercise FAQs and Substitutions

For a warm-up, please refer to the 4 Minute Workout PDF page 6.

### Bodyweight Warm-up Circuit

Go through the circuit twice and do each exercise at a 2-0-1-0 tempo.

1. Prisoner Squat - 10 reps
2. Mountain Climber - 6 reps per side
3. Prisoner Reverse Lunge - 6 reps per side
4. Pushup - 5 reps

You can also see a video with a warm-up here:

<http://www.youtube.com/watch?v=fXIKzeVEDFU>

You can also download a warm up video from here:

[http://s3.amazonaws.com/etr-dl/Trim-Down-25/c\\_Trim\\_Warmup.mp4](http://s3.amazonaws.com/etr-dl/Trim-Down-25/c_Trim_Warmup.mp4)