

Early to Rise Customer Support

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Warm Up

Stephanie H - 2020-02-20 - [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