

# The Beginner's Warm Up

## Exercise 1

1 2 3 4 1 2 3 4 1 2 3 4 1 2 3 4

4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1 4 3 2 1

## Exercise 2

1 2 1 2 2 1 2 1 2 1 2 1

H H H H H H P P P P P P

### Exercise 3

**T** 1 3 3 1 3 1  
**A** 1 3 3 1  
**B** 1 3 3 1

**T** 1 3 1 3 3 1 3 1  
**A** 1 3 3 1  
**B** 1 3 3 1

H H H H H H P P P P P P

### Exercise 4

**T** 1 4 4 1 4 1  
**A** 1 4 4 1  
**B** 1 4 4 1

**T** 1 4 1 4 4 1 4 1  
**A** 1 4 4 1  
**B** 1 4 4 1

H H H H H H P P P P P P

## Exercise 5

**T**  
**A**  
**B**

**T**  
**A**  
**B**

## Exercise 6

This will be a finger barre exercise.

**T**  
**A**  
**B**