



● You'll need: something to write on

● You can play: outside, in the gym, on the blacktop

The Purpose

The "Cash In" serves the dual purpose of preparing individuals for the program and facilitating a smooth transition into its commencement. It can be undertaken individually, in pairs, or within groups, based on the participant's preference. Furthermore, participants have the flexibility to complete the "Cash In" exercises in any sequence that suits their preferences.

Cash In Examples

Cash In's can involve around 4-5 exercises of your choice. It is ideal to have a mix of exercises to warm up the whole body.

Push Ups (any kind)

Touch "X" amount of lines in the gym

Touch all 4 walls

Frankensteins (toy soldiers)

Wall Sit

Plank

Cat Cow Stretch

Squat Hold

1 lap forward, 1 lap backwards

Hollow Body Hold (similar to V-sit)

Inchworms

Broad Jumps

Sit Ups

Mountain Climbers

Dead Bugs

Partner Squats (back to back squats)

Modifications

Providing modifications to different exercises such as allowing participants to choose what kind of push up they want to do will allow them to still follow the group with the exercises but have autonomy over the type of warm up they complete.