

*From the book*

**'MADE FOR HOLLYWOOD: AN ACTORS BEGINNERS MANUAL' by Dom Campbell**

### **Physical Warm-Ups**

1. Jumping Jacks - Stand with your feet together and arms at your sides. Jump and spread your legs while bringing your arms above your head. Jump again and bring your legs back together while lowering your arms to your sides. Repeat for 30 seconds.
2. High Knees - Stand with your feet shoulder-width apart. Lift your right knee up toward your chest while bringing your left arm up to touch it. Repeat on the other side and alternate for 30 seconds.
3. Arm Circles - Stand with your feet shoulder-width apart with your arms extended straight out to the sides. Make small circles with your arms going forward for 30 seconds, then switch and make circles going backward for 30 seconds.
4. Leg Swings - Stand next to a wall or chair for balance. Swing one leg back and forth, keeping it straight, for 30 seconds. Switch and do the same with the other leg.
5. Side Lunges - Stand with your feet shoulder-width apart. Step to the side with your right leg and bend your knee while keeping your left leg straight. Return to the starting position and repeat on the other side. Do 10 reps on each side.
6. Neck Rolls - Stand with your feet shoulder-width apart and your arms at your sides. Slowly roll your head from side to side, gently stretching your neck muscles. Repeat 5 times in each direction.
7. Squats - Stand with your feet shoulder-width apart and your arms in front of you. Slowly lower yourself into a squatting position, keeping your back straight. Pause for a second, then come back up to standing. Repeat for 10 reps.
8. Shoulder Rolls - Stand with your feet shoulder-width apart and your arms at your sides. Roll your shoulders forward and back in a circular motion 10 times, then switch directions and repeat.
9. Hamstring Stretches - Stand with your feet together and slowly bend forward at the waist, keeping your legs straight. Reach for your toes and hold for 10 seconds. Slowly come back up to standing and repeat 5 times.
10. Plank - Start on your hands and knees and extend your legs behind you, keeping your back straight and your abs engaged. Hold this position for 30 seconds, rest for 10 seconds, then repeat 2 more times.