

## Warmup



- 1) Shoulder rolls
  - a) Shoulder 3x, Elbow 3x, Arm 3x
  - b) Switch direction
  - c) Arm 3x, Elbow 3x, Shoulder 3x
  - d) Switch side, repeat
- 2) 10x Crossover Touch and Reach

Repeat these 2-3x:

- 3) 10x High knee Jacks
- 4) 10x Jumping Jacks
- 5) 10x Knee Drive
- 6) 10x Punches
- 7) 10x Body Extensions

