

In Place Warm up

: Perform the Line Hops series first and then move onto the rest series

Line Hops			
Forward & Backwards	2x10s	Lateral Leg Swing	x5 Ea
Lateral	2x10s	Lateral Squat	x5 Ea
Single Leg Forward & Backward	1x10s Ea	Curtsey Lunge	x5 Ea
Single Leg Lateral	1x10s Ea	Mountain Climber	x10
		Saigon Squat	x10s
Neck rolls Left/right	x10s Ea	: On Ground	
Arm Circles Forward/ Backward	x10s Ea	Straight Leg kick	x10s Ea
Comforts	x10s	Bent Knee Iron Cross	x10s
Arm Hugs	x10s	Double Leg Hip Extension	x10
Trunk Twist	x10s	1 Leg Hip Extension	x5
Windmills	x10s	Butterfly Hip Extension	x8
Forward Leg Swing	x5 Ea	Scorpions	x10s

Dynamic Warm up

4 way heel walk (Every Step)	5y+5y+5y+5y
Toe Walk (Every Step)	5y+5y+5y+5y
Ankle Pull (Every 3)	10y + Burst
Knee Hug (Every 3)	10y + Burst
Worlds Greatest (Every Step)	10y + Burst
Reverse Lunge With Reach (Every 3)	10y + Burst
Lateral Lunge (Every 3)	10y+10y
Quad Walk (Every 3)	10y + Burst
3 steps n' Scoop	(F)10y+(B)10y
Lateral Shuffle with Arm Swings (Above Head)	10y+10y
High Knee Carioca	10y +10y
Toy Soldier Walk to Skip	10y+10y

Extended Warm up with Mobility

Bottoms up Y Squat	x5
Deep Squat with T-spine rotation	x5 Ea
Supine Bridge with Leg Lift	x5 Ea
Prone Bridge with Opp Arm + Opp Leg Lift	x5 Ea
Side Plank + Bent Knee Lift (Top)	x5 Ea
Bretzel	x3 Ea
Prone Series:	
1. Fire Hydrants	x5 Ea
2. Hip Circles	x5 Ea
3. Leg Straight kick	x5 Ea
4. Heel to Sky	x5 Ea
5. Lateral Straight Leg Raise	x5 Ea

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