

10U/12U PHASE I - UPPER & LOWER BODY

MONSTER WALK

MOVEMENT

- Mimic a Monster Walk (forward lunge) with claws up in air above your head, eyes up looking ahead, wide strides.
- Monster Walk lunge from cone to cone (10 yards).

REACTIVE

Coach gives commands to make exercise reactive:

- Red Light: **Stop.**
- Green Light: **Walk.**
- Yellow Light: **Walk slow.**
- Pink Light: **Hop like a bunny.**
- Purple Light: **Best dance moves.**

TECHNIQUE

- 1 • Stand with feet shoulder width apart.
- 2 • Step forward, with the heel landing first.
 - Knee should be at 90 degrees.
 - Long strides so knee does not go past toes.
 - Return to standing position driving up with front leg.
 - Alternate legs.



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