

## **DYNAMIC WARM-UP ROUTINE**

EACH OF THESE SHOULD BE DONE FOR 20 METERS, WITH A 20 METER JOG IN BETWEEN.

1. Jog – Double Arm Rotation Forward
2. Jog – Double Arm Rotation Backward
3. Jog – Single Arm Rotation Forward
4. Jog – Single Arm Rotation Backward
5. Jog – Carioca – Right
6. Jog – Carioca – Left
7. Side to Side Right – Jumping Jack
8. Side to Side Left – Jumping Jack
9. Side Lunge Stretch
10. Skipping with Arm Swing (Like a jump rope)
11. Butt Kicks
12. Walking Achilles Stretch
13. Backward Skipping
14. Walking Lunges (10)
15. Squat Stretch
16. Gallop- switch lead leg after 10 meters
17. Skip with hand clap underneath.
18. Thousand Steps (ankling) – Quick feet!