

DYNAMIC WARM UP B

QUADRAPED 1X5 EACH W 5 SEC HOLD

SUPINE BRIDGE W/ ABDUCTION 1X12

TOE UP WALK 2X 20M

KNEE HUGS X10M

LATERAL LUNGE +CROSSOVER LUNGE 5+5

WALKING QUAD STRETCH W/ OVERHEAD REACH X10M

CROSSOVER SKIP W/ ARM SWINGS FRWD+BKWD X10M

HIGH KNEE CARIOCA X10M

LATERAL SHUFFLE W/ ARM SWINGS X10M

HIGH SKIP 2X20M

LATERAL BOUNDS W/ HOLD 2X10