

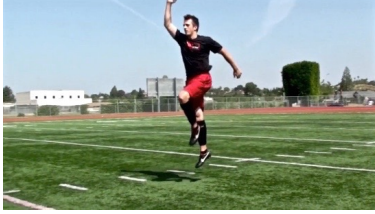
## **WARM-UP #1**

Start with a light cardiovascular activity, such as a stationary bike or light jog, for at least 5 minutes.

1-Back Peddle Jog - 20 yards and back



2-Super Mario's - 20 yards and back



3-Cariocas - 20 yards and back



4-Walking Lunges, swing arms up above head - 20 yards and back



5-Walking Quad Stretch - 20 yards and back



6-Side Lunge - 15 yards and back



7-Inch Worms - 10 yards and back



8-Ghost Kicks/Frankenstein's - 20 yards and back



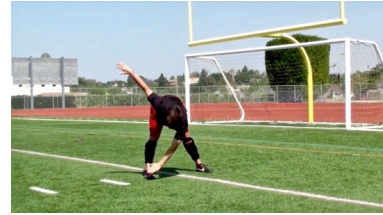
9-Walking Knee to Chest, push off with calf - 20 yards and back



10-Calf Pumps - 30 pumps = 15 each leg



11-Iron Cross - 20 times = 10 each side



12-Stationary Leg Swings; side to side, forward and back - 10 times each direction, each leg



13-Scorpions - 10 total = 5 each leg



## **WARM-UP #2**

Start with a light cardiovascular activity, such as a stationary bike or light jog, for at least 5 minutes.

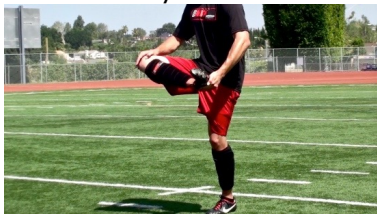
1-Running Butt Kicks - 20 yards and back



2-Ghost Kicks/Frankenstein's - 20 yards and back



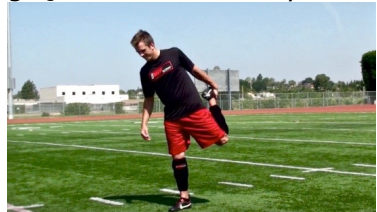
3-Walking Figure Four; pull lower leg up, push knee down - 15 yards and back



4-Hip Flexor Lunge with torso rotation - 20 yards and back



5-Walking Quad Stretch - 20 yards and back



6-Walking Calf Stretch - 15 yards and back



7-Side Lunge - 15 yards and back



8-Jumping Jacks - 30 times



9-Spidermans - 15 yards and back



10-Squat to Stand, elbows inside knees - 10 times



11-Stationary Leg Swings; side to side, forward and back - 10 times each direction, each leg



12-Full Body O's (switch halfway through) - 20 total  
= 10 each direction



13-Calf Pumps - 30 pumps = 15 each leg



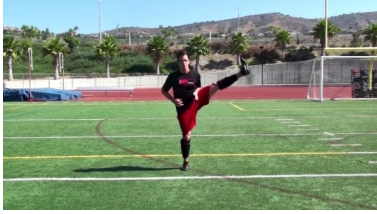
### **WARM-UP #3**

Start with a light cardiovascular activity, such as a stationary bike or light jog, for at least 5 minutes.

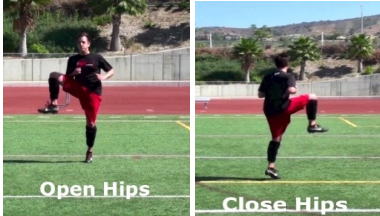
1-Walking Deadlifts - 20 yards and back



2-Kick Outs - 20 yards and back



3-Open Hips, Close Hips - 20 yards and back



4-Side Lunges, Drag Back Foot - 15 yards and back



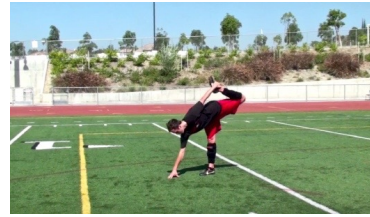
5-Walking Lunges, Swing Arms Above Head - 20 yards and back



6-Ghost Kicks/Frankenstein's - 20 yards and back



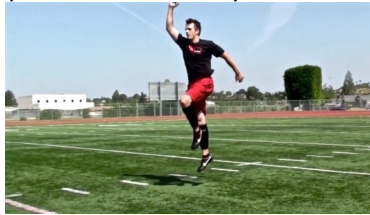
7-Walking Quads and Hamstrings - 15 yards and back



8-Lunge Step and Triangle Move - 15 yards and back



9-Super Mario's - 20 yards and back



10-Iron Cross - 20 times = 10 each side



11-Calf Pumps - 30 times = 15 each leg



12-Hip Rotations - 10 front, 10 back, each leg



13-Torso Pendulum Swings - 10 times = 5 each side

