

Dynamic warmup:

A series of movements designed to increase body temperature, activate the nervous system, increase range of motion, and correct limitations. Start with the first movement and go straight through all 8 without resting in between movements.



Hip circles: 5 in each direction



High knees: alternate knees, 20 reps total



Butt kicks: alternate heels, 20 reps total



Frankenstein walks: stand with legs together and one arm extended. Step and kick the opposite leg straight up. Try to touch your toe with your hand then return as you walk forward. Repeat, alternating sides, 10 reps total



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Twist reverse lunge: take a long step back with left foot, drop into a lunge, twist and extend left arm over right leg. Return to standing and repeat on other side. 10 reps total



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Leg swings: hold wall for support, swing leg back and forth as if you're kicking a soccer ball. 10 swings each leg



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Frog walk in: from a push-up position bring foot to the outside of hand, relax hips down then return to starting position and repeat other leg. 10 reps total



Page turns: from a fetal position with knees stacked, open arm to the side until it touches the floor then return to fetal position. Switch sides. 5 reps total