

ACTIVE WARM-UP

- 1 to 2 minutes Jumping Jacks, Jogging In Place or High Knee Marching
- Ankle rock (heel to toe) – 10 times
- Ankle rotations – 10 clockwise & counterclockwise (each ankle)
- Knee rotations (knees together) – 10 clockwise & counterclockwise
- Hip rotations (legs hip width apart) – 10 clockwise & counterclockwise
- Trunk twist (legs shoulder width apart) – 10 (each direction)
- Arm swings (legs hip width apart) – 10 times
- Neck circles – 10 clockwise & counterclockwise
- Arm hugs (legs hip width apart) – 10 backward & forward
- Hip Flexion (high knee grab, pull knee to chest, keep back leg and upper body straight, do not lean forward or backward) – 10 (5 each leg)
- Quad Stretch (bend leg at the knee, grab ankle and pull leg, bringing heel to butt) – 10 (5 each leg)
- Piriformis Stretch (bend leg at the knee, bring foot to the midline of the body, keep leg parallel to the ground, pull heel and foot up) – 10 (5 each leg)
- Lateral (side) Lunge – 10 (5 each side)
- Straight-Leg Kick (extend both arms forward, kick one leg straight toward hands, do not bend/lean forward) – 10 (5 each leg)