



Dynamic Stretching

- 1) **Jog to Restraining Line**
- 2) **High Knees**
- 3) **Butt Kicks**
- 4) **Frankenstein / Forward Leg Swing**
- 5) **Lunges**
Remember, the knees bend and extend out in front of the body but do not go beyond the toes.



- 6) **Forward Lunge with Torso Twist**
- 7) **Golf Ball Pick ups**
- 8) **Figure 4 – pull the leg up with 1 hand on heel & 1 on ankle**
- 9) **Cherry pickers** - Explode of back foot, opposite leg and arm extend, punch the sky
- 10) **Side Shuffle**
- 11) **Cariocas** - For this exercise, it's key to get your hands out away from the body at all times.
- 12) **Backwards Jog**
- 13) **Back pedal and turn**
- 14) **Skips**
- 15) **Backward Skips**
- 16) **Simple Jog & Return**
 - a) $\frac{1}{2}$ speed sprints
 - b) $\frac{3}{4}$ speed sprints
 - c) Full speed sprints