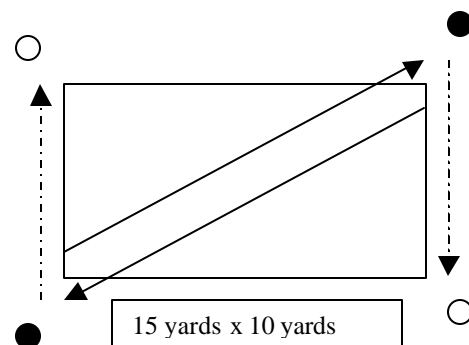




Dynamic Warm up - Warm up on the Move

- Walk on the balls of the feet
- Walk on the balls of the feet, Backwards
- Ankle flicks
- Ankle flicks, backwards
- Small Skips
- Small Skips, backwards
- Wide skip
- Wide skip Backwards
- Single dead leg lift 1:4 ratio - Lift, 2, 3, 4
- Single dead leg lift, opposite leg
- High Knee Skip. Take knee beyond 90 degree's
- High Knee Skip. Take knee beyond 90 degree's, backwards
- Knee across skip
- Knee across skip, backwards
- Lateral Running
- Lateral Running leading with the opposite leg
- Knee out skip
- Knee out skip backwards
- Pre turn (Half Carioca)
- Pre turn leading with opposite leg
- High Step March
- Walking Lunge
- Walking Lunge Backwards
- Side Lunge
- Hurdle Walk
- Hurdle walk Backwards
- Walking Hamstring stretch alternating legs
- Hamstring Flicks
- Hamstring Flicks
- Carioca
- Wall Drill - Leg across body
- Wall Drill forward leg swing
- Wall Drill Knee across body



Practice 3 times per week. Work on the balls of your feet. Keep movements smooth. Concentrate on good arm action. Keep chest and head up. Keep movements smooth.

SMILE OFTEN