

GENERAL WARM UP

ANY STATIC STUFF/PT STUFF GOES FIRST

20m on track or grass:

1. Low skips with forward arm circles
2. Backward low skips with backward arm circles
3. Side shuffle with "huggers"
4. Side shuffle with "jumping jacks"
5. Toes/Heels (10m each)
6. Backwards walk with reach
7. Single Leg Balance (2 x 30 sec each leg)
 - o Static or A position
8. Leg cradles
9. Carioca/karaoke (both ways)
10. Bend and snap: touch toes to lunge with backward reach
11. Lunges w/ twist
12. Cherry pickers

10m FAST:

13. A Skip
14. B skip
15. High Knees
16. Butt Kicks

Move to fence:

1. Side to side leg swings x 10
2. Front to back leg swings x 10
3. Hurdle trail leg forward x 5
4. Hurdle trail leg backward x 5

5-10 minute run