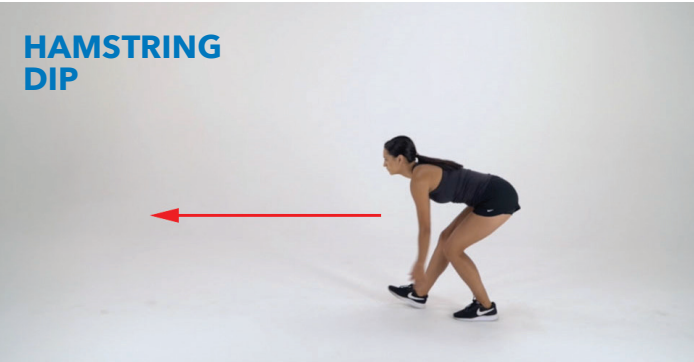


DYNAMIC WARM UPS



Sets:	Reps:	Resistance:	Hold:
Rest:	Times Per Day:	Times Per Week:	

Description:
Start by taking a step forward and placing your heel on the ground. Reach down with both hands in a swooping motion while keeping your leg straight and come back up. Alternate legs as you go forward.



Sets:	Reps:	Resistance:	Hold:
Rest:	Times Per Day:	Times Per Week:	

Description:
Starting Position: Stand with both arms by your side.
Movement: Slowly lift one knee up towards your chest as high as you can, keeping your torso straight, and then place both hands over that knee. Pull the knee up to your chest with your hands, tighten the gluteal muscles of your opposite leg and raise your opposite heel off the ground at the same time. Slowly lower your knee and your heel to starting position. Then repeat on the other side. Make sure you are not arching your back or rounding your back during this movement. Keep your lower abdominal muscles engaged.



Sets:	Reps:	Resistance:	Hold:
Rest:	Times Per Day:	Times Per Week:	

Description:
Begin by raising your leg up and bringing your foot inward. As you move our leg up grab your ankle and shin with both hands and pull it up a little higher. Repeat with other leg as walk forward.



Sets:	Reps:	Resistance:	Hold:
Rest:	Times Per Day:	Times Per Week:	

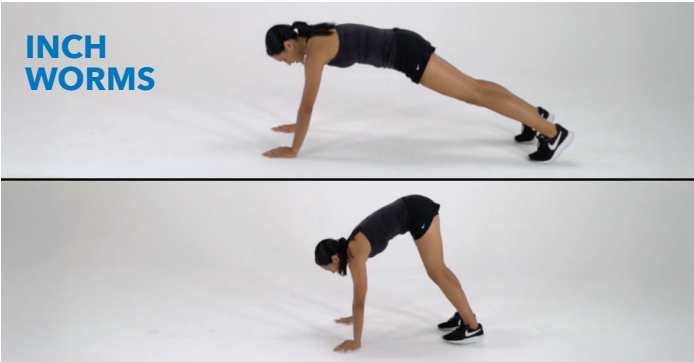
Description:
Begin by bringing you foot up towards your buttock and grabbing your ankle with the hand of the same side. Keep your knee back and pull your foot up towards your buttock. Repeat with other leg and alternate as you move forward.

DYNAMIC WARM UPS



Sets:	Reps:	Resistance:	Hold:
Rest:	Times Per Day:	Times Per Week:	

Description:
Begin by taking a quick step and jumping with one leg high and slightly forward. Make sure to bring your knee up towards your chest and raise the opposite arm upwards and the same arm backward as the knee that is coming up towards your chest. Alternate legs as you go forward.



Sets:	Reps:	Resistance:	Hold:
Rest:	Times Per Day:	Times Per Week:	

Description:
Start in a plank position. Keep your knees straight and slowly move your feet one by one toward your hands as you bend your waist. Get as close to your hands as you comfortably can without bending your knees and then walk out on your hands to the starting plank position. Repeat



Sets:	Reps:	Resistance:	Hold:
Rest:	Times Per Day:	Times Per Week:	

Description:
Start in a standing position and then go forward into a lunge. Lean forward and place your hands on the inside and outside of your front. Bring your hips back and straighten out your front leg until you feel a stretch in your hamstring. Repeat with other leg.



Sets:	Reps:	Resistance:	Hold:
Rest:	Times Per Day:	Times Per Week:	

Description:
Begin with your feet hip width apart. Move your foot behind your other leg and then cross it in front of the same leg as you move laterally. Move quickly as you do this and then go the opposite direction doing the same pattern with the other foot.

DYNAMIC WARM UPS



Sets:	Reps:	Resistance:	Hold:
Rest:	Times Per Day:	Times Per Week:	

Description:
Start by taking a step forward and bending the opposite leg so you are trying to touch your glute with your heel. Alternate legs as you walk. Make sure to keep your knee back when you bend it and not flex your hip.



Sets:	Reps:	Resistance:	Hold:
Rest:	Times Per Day:	Times Per Week:	

Description:
Starting Position: Stand with both arms by your side.
Movement: Lift one knee up towards your chest as high as you can and alternate legs as you move forward. Make sure you are not arching your back or rounding your back during this movement. Keep your lower abdominal muscles engaged.



Sets:	Reps:	Resistance:	Hold:
Rest:	Times Per Day:	Times Per Week:	

Description:
Begin by lunging laterally while keeping your other leg straight and feet pointed forward. Alternate sides.



Sets:	Reps:	Resistance:	Hold:
Rest:	Times Per Day:	Times Per Week:	

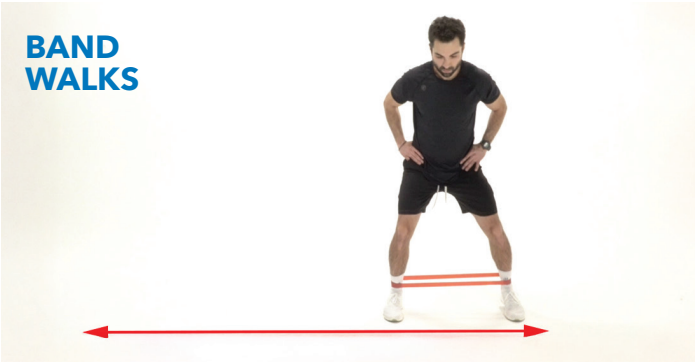
Description:
Begin in a standing position with feet hip width apart. Begin by stepping forward and lowering your hips until your knee is at 90 degrees. Make sure to keep your front knee behind your toes. Keep upright posture as you push through you heel and push yourself up and forward and immediately bring your back foot forward without touching the ground repeat the same movement with that leg. Continue in this walking fashion. Repeat specified number of repetitions.

DYNAMIC WARM UPS



Sets:	Reps:	Resistance:	Hold:
Rest:	Times Per Day:	Times Per Week:	

Description:
Starting Position: Place your hands on a wall or chair out in front of you. Place the foot back you wish to stretch with your knee straight. Place your front foot far enough in front of you so that you can lunge forward with balance.
Movement: Slowly shift your body forward effectively bending flexing your back ankle. Keep your foot flat on the floor. You should feel a stretch in the back of your lower leg.



Sets:	Reps:	Resistance:	Hold:
Rest:	Times Per Day:	Times Per Week:	

Description:
Begin with an exercise band looped around your ankles. Keeping your knees slightly bent, step your foot out to the side. Slowly follow with the opposite foot. Make sure to keep your feet pointed forward at all times. Continue as directed