

LIGHT JOG Run at a gentle pace.



HIGH 2 HIGH KNEE TUCKS

Bring your knee up to your chest and hold it for a few seconds.



**BUTT**KICKS

Using short strides, lift your knees slightly and try to bring your heel directly under your butt -not behind-with each stride. Alternate legs rapidly.



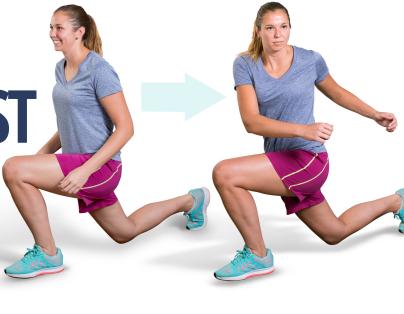
POWER SKIPS

Skip as high as you can by raising your knee to hip height and simultaneously extending your opposite arm up. Your left leg should remain straight.



FOWARD LUNGE & TWIST Step forward with left leg into a lunge.

Rotate trunk to the left, placing right elbow on the outside of the left knee. Relax torso and step into next lunge with the right leg and repeat rotation.



CARIOCA Use your left foot to push off, crossing it

behind the right foot and transferring your weight onto it. Move your right foot to the side until you're back to your starting stance. Now cross your left foot in front, stepping onto it. Move your right foot to the side. Continue moving to your right, crossing the left foot behind, then forward, until you reach the end of your planned distance. Then reverse your direction.



**LATERAL** LUNGE & TWIST Step out to the side with your toes facing forwards and keep your body in an upright position. Rotate your

torso in the direction of your lunging leg.



**SLIDES** Start with your knees slightly bent and feet shoulder width apart.

Take a step to the side at a comfortable distance. Follow with your opposite foot so that your feet are shoulder width again. Repeat until finished.



starting position and repeat until finished.

Drive your knee up and step over your opposite leg, Bring your trail leg back to



**EXAGGERATED**BACKPEDAL Walk backwards with large steps. Repeat until finished.

- BENEFITS OF DYNAMIC WARM-UPS INCLUDE:
- INCREASES BODY TEMPERATURE At slightly elevated temperatures, muscles are able to contract more efficiently and generate greater force
- · ELONGATES MUSCLES ACTIVELY • HELPS TO INGRAIN PROPER MOVEMENT PATTERNS
- WAKES UP THE NERVOUS SYSTEM and gets the brain communicating with the muscles

GETS THE HEART AND LUNGS READY TO ENGAGE IN VIGOROUS ACTIVITY

**SOURCE:** Premier Health Sports Medicine