

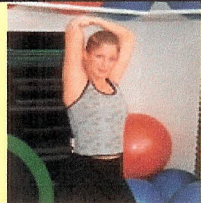
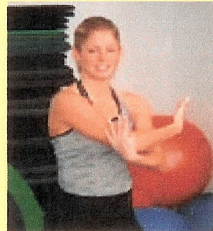


**Warmup- 20 seconds repeat 3X (3 min)**



- 1 Jumping Jacks
- 2 Butt Kicks
- 3 High Knees
- 4 Skip
- 5 Quick Feet

**Dynamic Stretches- 20 seconds repeat 3X (2 min)**

- 1 Heel Walks forward
- 2 Heel Walks Back
- 3 Knee to Chest walk forward
- 4 Lung back

**Balistic Stretches- 20 seconds repeat 3X**

1	<p><b><u>Back Stretch</u></b>- Stand with feet shoulder width apart Stretch with hands over head</p>	
2	<p><b><u>Tricep Stretch</u></b> (grab elbow)</p>	
3	<p><b><u>Shoulder Stretch</u></b> (arm across Chest)</p>	
4	<p><b><u>Chest Stretch</u></b> (Clasp hands behind back)</p>	
5	<p><b><u>Hip Stretch</u></b> - Left Leg over right, push hip out to right/switch sides</p>	

6	<p><u><b>Calf Stretch</b></u> - hands on floor heel to the floor</p>	
7	<p><u><b>Quad Stretch</b></u> - pull foot back to butt</p>	
8	<p><u><b>Adductor/Abductor</b></u> stretch - Legs apart, stretch to side/switch</p>	
9	<p><u><b>Hamstring Stretch-</b></u> . Legs front to back lean</p>	