

Foundational Warm - Up

(Foam Rolling / Mobility / Muscle Activation / Breathing)

Foam Rolling - (10+ Seconds Each)

1. Anterior Tibialis
2. Calf
3. Glute Medius / Hamstring
4. Upper Back
5. Hip Flexor
6. Quad / *IT Band*
7. Other

Mobility - (10+ Seconds Each)

1. Sumo Groin Stretch
2. Bretzel (3 Way)
3. Ankle
4. Hip Flexor

Muscle Activation / Breathing

1. Cook Hip-Lift (*Glute Activation*)
2. Dead Bug - (x 20 Ea. Leg)
3. Overhead Ab Chair - (x 20 sec.)
4. Squat Sit w/ Reach - (x 4 Ea. Side)
5. Plank Variation (*w/ Diaphragmatic Breathing*) - (1 min.)



Dynamic Warm - Up

(20 Yards Each)

1. High Knees
2. Butt Kicks
3. A-Skip
4. Hamstring Kickback
5. Spider Man Walk
6. Walking Knee To Chest - (on toe)
7. Walking Foot To Butt - (on toe)
8. Walking Forward Lunge
9. Carioca - (both ways)
10. Jump For Height - (single leg)
11. Leg Swings (10 each)
12. Assisted Scrapes (10 each) - (on toe)
13. Push-Ups (10)

