

Dynamic Warm-Up

For the dynamic warm-up, you will be performing all fitness exercises. Each exercise has been explained using critical elements and visuals to assist you. NO equipment necessary for any warm-ups.

High Knees

1. Stand with your feet hip-width apart.
2. Lift up your left knee to your chest.
3. Switch to lift your right knee to your chest.
4. Continue the movement, alternating legs and moving at a sprinting or running pace.



Bunny Hop

1. Make sure you are in starting position.
2. Bring your arms up and drop them quickly, while bending your knees more than the starting position.
3. As soon as your arms have dropped, jump off the ground moving forward.
4. Reach with your feet to get as far as possible.
5. Make sure you land in a balanced manner and on TWO FEET.



One Foot Hop

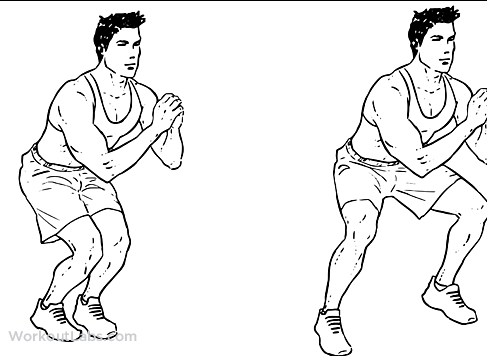
1. Make sure you are in starting position.
2. Bring your arms up and drop them quickly, while bending your knees more than the starting position.
3. As soon as your arms have dropped, jump off the ground moving forward.
4. Reach with your feet to get as far as possible.
5. Make sure you land in a balanced manner and on ONE foot.



Side Shuffle

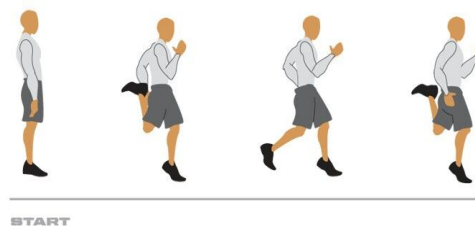
1. Start with knees and arms bent.
2. Gallop with one foot leading the other.
3. Make sure to stay with your knees and arms bent.

4. Do not let your feet touch each other.



Heel Flickers

1. Start in an athletic, running stance.
2. Run while making sure your heels/shoe hit the back of your body.
3. Make sure to bring your feet all the back.



Regular Skip

1. Start in a running position.
2. Jump in the air with one foot and land on the same foot.
3. Put the other foot down as soon as you land with the other.



“Mario” Skip

1. Start in a running position.
2. Jump in the air with one foot and land on the same foot.
3. Put the other foot down as soon as you land with the other.
4. Each time you jump up, raise one arm (the side you are jumping with).

