

WARM UP ROUTINES

DYNAMIC WARM UP	CHILL WARM UP	STATIC STRETCHING
<p>Exercises #1-6 for 20-25m each Exercises #7-12 for 50-70m each</p> <ol style="list-style-type: none"> 1. Knee to Chest 2. Knee to Chest to Outer Hip 3. Knee to Outer Hip to Chest 4. Lunge 1: front, front, pivot, back, back 5. Lunge 2: side to side, pivot, side to side 6. Lunge 3: defensive shuffle, get low 7. Skip 1: skip,dip,stretch,arm circle scoop 8. Skip 2: high knee skip, flap/clap arms 9. Skip 3: Lateral with big arm circles 10. Skip 4: Carioca with high knee 11. Stride 1: backwards run 12. Stride 2: forward strides x 2-4 	<p>Exercises #1-12 for 5-10 reps each direction</p> <ol style="list-style-type: none"> 1. Head/Neck circles 2. Shoulder shrug circles 3. Arm Circles 4. Arm Circles One Forward/One Back 5. Side to Side (washing machine) 6. Hip Circles (bring it around town) 7. BIG CIRCLE (arch back, swipe ground) 8. Knee Circles 9. Knee Figure 8 10. Ankle Circles 11. Leg Swings Left to Right 12. Leg Swings Front to Back 	<p>Exercises #1-12 for 5-8 exhales each</p> <ol style="list-style-type: none"> 1. Stand straight, arms to the sky, relaxed shoulders, chest lifted, back straight. 2. Standing Side Bend. Arms to the sky, lean to the side and push your hips out as you arch. keep your hips parallel. 3. Touch your toes, bend your knees, relax your neck, and push your butt/hips to the sky. Lower your head toward the ground as you exhale. 4. Sumo stance. Feet wider than shoulder-width, point your knees to the side, drop your butt toward the ground. 5. Wide 3-point stretch. 6. Lunge hip flexor stretch. Keep your knee in line with your ankle at a 90 degree angle. Lean opposite hip forward so they're parallel to the wall. Lift arm up, to the side, slight backward arch for a deeper stretch. 7. Half splits hamstrings & calves stretch. Reverse your lunge position so you're almost sitting on your back foot and your other leg is straight in front of you. Touch your toes. 8. Butterfly stretch. Straight back, lean forward, and gently push your knees toward the ground. 9. Piriformis Stretch Lay on your back with opposite ankle on your knee, bend your leg and pull both legs toward your chest. OR do pigeon pose 10. Quad stretch progress to standing bow to open hips and shoulders. 11. Wall Calf Stretch if your foot is on the wall, pull your hips forward so you're almost standing straight. 12. Arm stretches - horizontal arm across chest and push against your chest. Bent elbow with hand behind head between your shoulder blades and pull elbow toward crown of head.