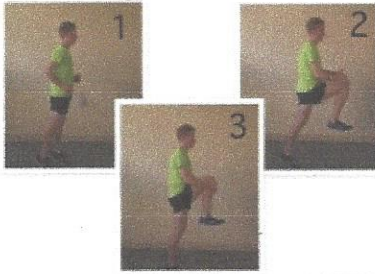


Dynamic Warmup

Created by John Battles Dec 31st, 1969

View at "www.my-exercise-code.com" using code: ALCLCYJ

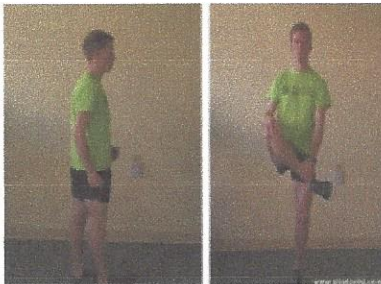
Total 9



Dynamic Warm Up- Knee Huggers

Using a normal walking gait, simultaneously raise your opposite knee, grab your shin with both hands, and pull it toward your chest. Keep your body upright -- don't bend at the waist or arch your lower back. Then lower your leg to continue the WALK and raise your other leg in the same way.

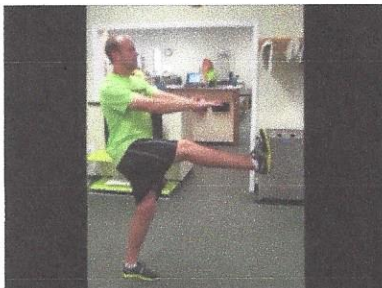
Repeat 20 Times
Hold 1 Second
Complete 2 Sets



Dynamic Warm Up- Figure 4 Cradle

While walking in normal gait pattern, Lift leg by flexing at the hip and knee. Cross leg over other, pull leg and knee toward chest as pictured, while rising up onto the ball of your stance foot. Repeat with alternate leg.

Repeat 20 Times
Hold 1 Second
Complete 2 Sets



Frankenstein Walk

Hold one or both arms out in front of you. Kick your leg up toward your hand, keeping a slight bend in the knee. Make sure you do not bend forward or round your back. Bring the leg back down and repeat with the opposite leg.

Repeat 20 Times
Hold 1 Second
Complete 2 Sets

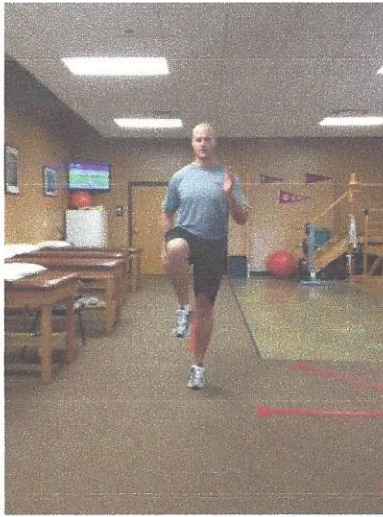


Backward Jog

Jog backwards keeping your back straight.

Duration 20 Seconds

Complete 2 Sets



High Knee Run

Jog in a straight line, accentuating raising the knees in the air.

Repeat 20 Times

Hold 0 Seconds

Complete 2 Sets



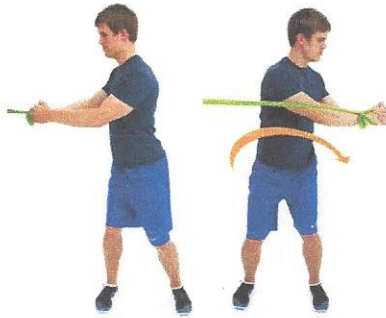
Side Shuffle

Keeping your knees bent, perform a side shuffle for 20 to 30 feet. Repeat. Make sure you keep your back straight and do not cross your feet over one another.

Repeat 20 Times

Hold 1 Second

Complete 2 Sets



ELASTIC BAND STANDING TRUNK ROTATION

Repeat 10 Times

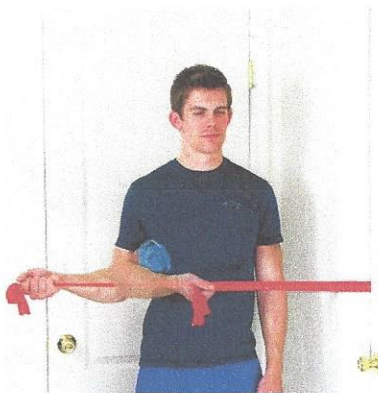
Hold 1 Second

Complete 2 Sets

Hold an elastic band with your arms out in front of you while in the standing position.

Turn to the side as you rotate your trunk and hips. Your arms should be extended and in front of your chest the entire time.

The elastic band should be anchored to the side of your body.



ELASTIC BAND SHOULDER EXTERNAL ROTATION

Repeat 12 Times

Hold 1 Second

Complete 1 Set

While holding an elastic band at your side with your elbow bent, start with your hand near your stomach and then pull the band away. Keep your elbow at your side the entire time.



ELASTIC BAND SHOULDER INTERNAL ROTATION

Repeat 12 Times

Hold 1 Second

Complete 1 Set

While holding an elastic band at your side with your elbow bent, start with your hand away from your stomach, then pull the band towards your stomach. Keep your elbow near your side the entire time.