



DYNAMIC WARM UP



Arm Circles – Stand with feet shoulder width apart and your knees bent slightly. With shoulders relaxed and your arms straight by your side, slowly start moving opposite arms in a large circular motion, slowly increasing the speed. (Windmill fashion) Perform circles forward and backwards.

Arm Hugs (over/under) – Stand with feet shoulder width apart and your knees bent slightly. Begin with arms out in front of you at shoulder height. Swing arms out to the side and back, opening at the chest. Swing your arms back across your torso, alternate to have opposite arm on top.

Toe Walking - Step forward and roll up on to your toes. Repeat with opposite leg.

Knee to chest - Walking lightly pull one knee into your chest. Continue with opposite leg walking forward.

Walking + Bend Toe Touch - Step forward with your heel on the ground and your leg straight. Lean down and touch your toes with your opposite hand. Repeat with opposite leg.

Hip Rotations - Lift your leg towards the ceiling with your knee bent, keeping a 90 degree angle. The sole of your foot should be facing the floor. Rotate outwards at your hip, so your knee is now out to the side of your body. Try to keep your shoulders and hips pointed forward.