

Team Warm-up

15-20 minutes of easy jogging

Active Stretch

- Arms:*
- 1) Alternating arm swings forward/back
 - 2) Over under
 - 3) Both arms forward/back
 - 4) Clock circles (both ways)

- Hips/Midsection:*
- 1) side-to-side (both ways)
 - 2) high knee karaoke (both ways)

- Lower Body:*
- 1) A-Skip
 - 2) high knee butt kick
 - 3) B-Skip

2-4 build up strides

Free stretch

2-4 strides