

Dynamic Warm Up

- :30 A Skips
- :20 Butt Kicks
- :10 RUN in place- drive knees high
- :30 Shoulder Gators
- :60 Dynamic Runners Lunge
- :30 Knee Hugs Alternating
- :30 Forward Shoulder Circles (small and tight)
- :30 Reverse Shoulder Circles (small and tight)
- :30 Dynamic Quad Stretch
- :30 In place Hamstring Scoops
- 5 x Inch Worms with push up (hands walk out and then walk back with big stretch at top)
- 20 x Jumping Jacks

Post Workout Stretch

- 10 x World's Greatest Stretch
- :30 Kneeling Quadriceps Stretch Right
- :30 Kneeling Quadriceps Stretch Left :30 Standing Hamstring Right
- :30 Standing Hamstring Left
- :20 Lateral Hip Openers
- :20 Low Back Stretch Left
- :20 Low Back Stretch Right
- :30 Figure Four Stretch Right
- :30 Figure Four Stretch Left
- :30 Butterfly

World's Greatest Stretch Video: <https://www.youtube.com/watch?v=nG38sH8fwSM>