

Warm Up Programs

Option 1

Dynamic cardio warm up

- 1 min jog
- high knees
- butt kicks
- grapevine (both ways)
- 20 donkey kicks
- 10 inchworms

Jumping warm up

- 25 heel clicks/ double heel clicks
- 10 hip twists (each direction)
- 10 360 jumps (each direction)
- 10 pop ups to landing position

Dynamic stretch

- golf ball pick ups
- sweeps
- sumos
- arm circles

Static stretch

- spirals
- Y scales

Option 2

Dynamic cardio warm up

- 1 min jog
- 30 jumping jacks
- skipping – concentrate on spring & lift
- grapevine (both ways)
- 25 step ups
- 15 ankle lifts (each leg)

Jump warm up

- 20 two foot hops
- 15 one foot hops (each leg)
- 20 frog leaps (full squat followed by full stretch upwards)
- 15 jump turns with proper landing position

Dynamic stretches

- body circles – head to toe (circle hands, arms, head, hips, legs, feet)
- sumos

Static stretches

- anything that feels tight
- spirals