

WARM-UP *circle-UP*

J.J. x 20 $\xrightarrow{\text{then}}$ SLOW x 10

Scissor (front) \rightarrow SLOW x 10
(back)

Jog In + Backwards * 4

Frwd Lunge x 2 / Back Lunge x 2
(deep)

Deep Side Lunge w/ Leg Lift

- \hookrightarrow 1 to R, 1 to L
- \hookrightarrow Goalpost Arms

Floor Touch Squat \rangle 5 slow
+ Jump \rangle 5 fast

Wide Leg Shift L/R x 10 each direction
 \hookrightarrow touch ankle diagonals
 \hookrightarrow touch skin

Hands Walk to Plank

- Arm Reach L/R x 6

Hands Walk to Stand

- Hug Stretch
- Grasp behind back stretch

Hands Walk to Plank

- Side Plank L/R x 6

Runner's Start

- \swarrow Slow Shift Frwd (hip flexor stretch)
- " " back (hamstring stretch)
- x 10 (Pivot to other direction + repeat)

• Wide Leg Frwd Bend Stretch

• Hip Rotation Stretch

JOGS & SPRINTS