WARM-UP

FOAM ROLLING: GROUP 1
1. IT Band (30 seconds per side)
2. T-spine Extension (30 seconds)
3. Glutes / Piriformis (30 seconds per side)
4. Calf muscle (30 seconds per side)
5. Hip flexors (30 seconds per side)
6. Adductors (30 seconds per side)
7. Hamstrings (30 seconds per side)

DYNAMIC MOVEMENT: GROUP 2
1. 5 Minute Light Cardio
   a. Jog (2 Minutes)
   b. Carioca (1 Minutes)
   c. Agility Ladder (Lateral, In & out -1 Minute)
2. Butt Kicks (30 Seconds)
3. Knee Hugs (30 Seconds)
4. Frankenstein’s (30 Seconds)
5. Sit to Stand w/ Overhead reach (30 Seconds)
6. Lunge with Rotation (30 Seconds)
7. Horizontal Arm swings (30 Seconds)
8. Arm Circles (30 Seconds)
9. Inch Worms (30 Seconds)

* After Group 1 and 2 have completed their assigned starting warm up, switch *

COOL DOWN

Static Stretching (3-5 Minutes)
1. Lats (30 Seconds per side)
2. Hamstrings (30 Seconds per side)
3. Hip Flexor/ Quads (30 Seconds per side)
4. Adductors (30 Seconds per side)
5. Chest (30 Seconds)
6. Gastrocs/ Hamstrings (30 Seconds each)