

Coach Rozy Warm-Up #4

- Pushups – x 10
- Stationary Squat – x 20
- Stationary Lunge – front x 5 each, lateral – x 5 each
- Trail Leg (circles – on all fours) – x 15 each
- High knee walk (hug knee) - x 10 each leg
- Jog back to start
- 45 degree lunge walk x 10 each leg
- Jog back
- Lateral Lunge x 10 each leg
- Lateral Skip right - x 30 yards
- Front leg swings - x 10 each leg
- Lateral Skip left - 30 yards
- Lateral leg swings - x 10 each leg
- Skip 50 yards
- Backwards run - 2 x 30 yards
- 'A' skip - 3 x 15 yards
- Walk back
- 'A' run - 3 x 20 yards
- Walk back
- Skip for height – 1 x 20 yards
- Walk back
- Fast leg - 2 x 30 yards (Right leg, Left leg, Alternate)
- Walk back
- Accelerations - 4 x 40 yards (1@75%, 1@ 85, 1@95%, 1@100%)