

DYNAMIC WARM-UP #1

1. High Knee Grab
2. Toe Grab - Heel from Butt
3. Up and Over - Hip - Forward
4. Up and Over - Hip - Backward
5. External Hip Rotation - Toe Taps
6. Internal Hip Rotation - Toe Grab/Gum on Bottom of Shoe
7. Lunge with Rotation
8. T-Position to Toe Grab
9. Worlds Greatest Stretch
10. Alternating Lateral Lunge