

Dynamic Warm-up

Perform 10 of each after a 10-15min warm-up jog

Leg swings: forward & side

Walking lunge with trunk rotation

Walking knee hug to chest with heel raise

Walking quad stretch

Walking high knee skips

Walking Frankenstein kicks

Side shuffle

Grapevine

ABC drills:

- *A: high knee skips*
- *B: kick-out skips*
- *C: butt kicks*

scan to watch

