



Stretching Program



1. Bouncing shuffles with arm swings (down and back)
2. Lateral squat shuffles (down and back)
3. Basketball shuffles (back)
4. Walking lunges (down)
5. Walking lunges with a twist (back)
6. Frankenstein (down)
7. Flamingos (back)
8. Walking hurdles (down)
9. Backwards hurdles (back)
10. Vertical bounds (down)
11. Karate kicks

Waterfall Jump

1. Delayed steal 75% (down)
2. Delayed steal 90% (back)
3. Straight steal 100% (down)
4. Straight steal 100% (back)

Arm/Shoulder Stretches

1. Shoulder circles forward-palms down (smaller to larger) 60 seconds
2. Shoulder circles backwards-palms down (smaller to larger) 60 seconds
3. Forearm stretches