

DYNAMIC WARMUP ONE – ARC TOSS DAYS

WARMUP

1. FORWARD / BACKPEDAL (30 YARDS)
2. CARIOCA W/HIGH KNEE – DOWN & BACK (20 YARDS)
3. SIDE SHUFFLE – DOWN & BACK (20 YARDS)

LOWER BODY MOVEMENTS (10 YARDS)

1. ANKLE CRADLE W/INSTEP LUNGE
2. REVERSE LUNGE W/TWISTED REACH
3. SIDE LUNGE W/DROP STEP
4. WALKING HIGH KNEE HUGS
5. WALKING QUAD STRETCH WITH TOE TOUCH
6. AIRPLANE WALKS
7. FRANKENSTEINS

LOWER BODY STRETCH (IN LINES)

1. KNEELING LUNGE
2. KNEELING LUNGE W/TWIST
3. SUMO STRETCH

UPPER BODY MOVEMENTS (x10 EACH)

1. TRUNK ROTATION
2. TRUNK ROTATION W/FORWARD BEND
3. WINDMILL
4. OVERHEAD PRESS
5. ELBOWS IN AND OUT
6. ARMS PROTRACT AND RETRACT
7. SNAKES
8. NO MONEY
9. FIELD GOALS

UPPER BODY STRETCH (x10 SECONDS EACH)

1. ARM ACROSS BODY
2. ARM BEHIND HEAD
3. HANDCUFF STRETCH

CENTRAL NERVOUS SYSTEM

1. QUICK HIPS (COACH CALL)

DYNAMIC WARMUP TWO – PULL DOWN DAY

WARMUP (20 YARDS)

1. FORWARD / FORWARD
2. BACKWARDS / BACKWARDS
3. SHUFFLES / SHUFFLES
4. CARIOCA W/HIGH KNEE / CARIOCA W/HIGH KNEE
5. HIGH KNEES / HIGH KNEES
6. BUTT KICKS / BUTT KICKS
7. JACK KNIFES / JACK KNIFES

LOWER BODY STRETCH (IN LINES)

1. LOWER BODY STRETCH – RIGHT / LEFT / CENTER (x3 EACH)
2. CATCHERS STRETCH – INSIDE / OUTSIDE (x3 EACH)
3. THREE KNEES DEEP – SIDE TO SIDE / BACK & FORTH / CIRCLE RIGHT / CIRCLE LEFT / FIGURE 8

UPPER BODY MOVEMENTS

1. CORKSCREWS (x10)
2. ARM CIRCLES FORWARD / BACKWARDS – PALMS UP BIG / PALMS UP SMALL / PALMS DOWN BIG / PALMS DOWN SMALL (x10 EACH)
3. TEA CUPS – FORWARD / REVERSE (x5 EACH)
4. POT STIRRERS (x10 EACH DIRECTION)
5. SAWS – THUMBS UP / PALMS UP / PALMS DOWN / THUMBS DOWN / PALMS DOWN CROSSES / PALMS UP NO MONEY (x10 EACH)
6. HUGS (x10)
7. PUSH PULLS CHIN – SIDE TO SIDE / BACK & FORTH / CIRCLE IN / CIRCLE OUT / SWIMS (x10 EACH)
8. PUSH PULLS NOSE – SIDE TO SIDE / BACK & FORTH / CIRCLE IN / CIRCLE OUT / SWIMS (x10 EACH)
9. PUSH PULLS BILL – SIDE TO SIDE / BACK & FORTH / CIRCLE IN / CIRCLE OUT / SWIMS (x10 EACH)
10. PRAYERS (x5)
11. T-SPINE STRETCH – HAND BEHIND HEAD – ELBOW TO KNEE (x10 EACH)
12. INVERTED T-SPINE STRETCH – HAND BEHIND BACK – SHOULDER TO KNEE (x10 EACH)

DYNAMIC WARMUP THREE – RECOVERY DAYS

WARMUP (20 YARDS)

1. JOG / JOG
2. BACKPEDAL / BACKPEDAL
3. SHUFFLE / SHUFFLE
4. CARIOCA W/HIGH KNEE / CARIOCA W/HIGH KNEE
5. A-SKIP / CHERRY PICKER

LOWER BODY MOVEMENTS (10 YARDS)

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| 1. KNEE HUG | WAY OUT: LUNGE – TOE LIFT | BACK IN: ANKLE LIFT – HEEL RAISE |
| 2. KEG WALK | WAY OUT: FORWARD | BACK IN: BACKWARDS |
| 3. KEG WALK SKIP | WAY OUT: FORWARD | BACK IN: BACKWARDS |
| 4. SINGLE LEG | WAY OUT: JACK KNIFES | BACK IN: AIRPLANES |
| 5. ELBOW LUNGE | WAY OUT: ROTATE OUT | BACK IN: ROTATE IN |
| 6. SHUFFLE LUNGE | WAY OUT: ONE WAY | BACK IN: OTHER WAY |
| 7. FRONT LUNGE | WAY OUT: ARCH BACK | BACK IN: INCHWORM |

UPPER BODY MOVEMENT (x10 EACH)

1. VERTICAL ARM SWINGS
2. HUGS
3. ARM CIRCLES FORWARD / BACKWARDS – PALMS UP BIG / PALMS UP SMALL / PALMS DOWN BIG / PALMS DOWN SMALL
4. FIELD GOALS
5. SNOW ANGELS
6. SHOULDER PRESS
7. CHEST FLY
8. SAWS – THUMBS UP / PALMS UP / PALMS DOWN / THUMBS DOWN / PALMS DOWN CROSSES / PALMS UP NO MONEY
9. SNAKES
10. MICHAEL PHELPS
11. GOLF SWINGS
12. WINDMILLS
13. CORKSCREWS

MEDIAL STRETCHES

1. SPIDER ON A MIRROR (x10)
2. MEDIAL NERVE GLIDE T (x5)

CORE AND LOWER BODY STRETCHES

1. T-SPINE STRETCH – HAND BEHIND HEAD – ELBOW TO KNEE (x10 EACH)
2. INVERTED T-SPINE STRETCH – HAND BEHIND BACK – SHOULDER TO KNEE (x10 EACH)
3. BIRD DOG (x10 EACH)
4. CAT / CAMEL (x10 EACH)
5. CHILD'S POSE – 3 WAY (3 x 10 SECONDS EACH)
6. LOWER TRUNK ROTATION (x10 EACH)
7. CATCHERS STRETCH – INSIDE / OUTSIDE (x3 EACH)
8. SPIDERMAN – INSIDE / OUTSIDE (x 10 EACH)

DYNAMIC WARMUP – SIMONE PROGRAM – GAME DAY

1. JUMPING JACKS x50
2. SIDE SHUFFLE W/ARM SWINGS – 30 YARDS
3. SKIP W/ARM CIRCLES – 30 YARDS
4. ROLL OVER TO V-SIT x12
5. BOUNCING INCHWORM x8
6. GLUTE BRIDGE WITH OVERHEAD REACH x6/SIDE
7. YOGA PUSH UP x8
8. SPIDERMAN LUNGE W/OVERHEAD REACH x5/SIDE
9. HIGH POGO HOPS 2x12
10. BUILDUP PUSHUP SPRINT STARTS x5 yards
11. BUILDUP PUSHUP SPRINT STARTS x10 yards (45 second break)
12. BUILDUP PUSHUP SPRINT STARTS x15 yards (60 second break)
13. BUILDUP PUSHUP SPRINT STARTS x20 yards (90 second break)
14. BUILDUP PUSHUP SPRINT STARTS x30 yards (2 minute break)