

DYNAMIC warm-up

start



Front Knee Pull-Up
Hug your knee directly up to your chest

Cradle Knee Pull-Up
Cradle your knee and foot laterally
(alternating sides, every 3 steps)

Dynamic Hamstring Stretch
One foot slightly in front of the other
reach your palms to the floor

Walking Quad Stretch
Right hand grabs right foot behind you,
stretches the front of your thigh
(alternating sides, every 3 steps)

Walking Hip Circles (forward)
Draw your knee from the outside towards
the center, internal rotation
(alternating sides, every 3 steps)

Walking Hip Circles (backwards)
Draw your knee from the center out to the
side, external rotation
(alternating sides, every 3 steps)

Lunge with Single Arm Overhead Reach
Reaching the arm on the same side of the
back leg – stretches your hip flexors!

Lunge with Cross-Body Chop & Lift to Single Leg Balance:
Reaching your hands from outside the
front leg, lift up and across your body as
you bring your back leg up to a single leg
balance

Bear-Crawl Lunge Stretch
with T-Reach (Walk Outs)

Straight Leg Slams
alternating sides, every 3 steps

Bunny-Hops
forward

Bunny-Hops
backward

Bunny-Hops
single leg: right

Bunny-Hops
single leg: left

Football Carioca Drill
to the right

Football Carioca Drill
to the left

Side Skip
to the right

Side Skip
to the left

Broad Jumps



feelin that heart
rate come up

Great!
Now you're ready for your
workout!

Dynamic Warm-Up

1. Track Style Alternating High Knees
2. Front-Side-Front Knee Drill
3. Football Carioca Drill
4. Ladder Drill
5. Hopscotch Squat Drill
6. Crab Walking
7. Broad Jumps

4 x 4

1. Power Med Ball Slams
2. Resistance Band pull down to chest and stretch, single leg
3. box step-ups (or jump lunges)
4. scorpions

5 x Thru:

Partner A: pushups (one hand on bosu) // V-Sits on Balance Disk

Partner B: sprint, suicides // walking lunges

Partner: lay down and jump over Med-Ball Drill // walking lunges coming back

(followed by 1 min interval exercises)

1. bicycle crunches
2. crab up toe reaches
3. single leg deadlift with reverse fly
4. forearm/palm planks
5. supine leg lifts
6. warm hugs
7. reptile planks

Switch when box weaver is finished:

partner A: box weave push

partner B: Rope Drills:

1. Cyclones
2. Snake
3. Side-to-Side Slams
4. In-And-Outs

Switch Sides each time // 1 MIN EACH

partner A: Single Leg Lunge (back foot on a BOSU)

Partner B: Side Tube Walking

Med Ball Roll // Chest Pass Drill

TRX cable Row // partner holds plank