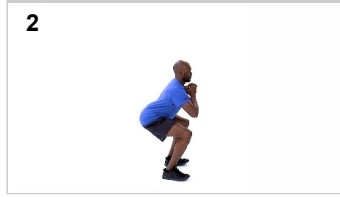
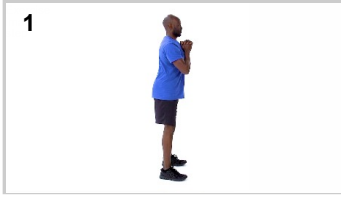

Dynamic Warm Up: Squats

REPS: 10

SETS: 1



Setup

Begin standing upright with your feet slightly wider than shoulder width apart.

Movement

Bending at your knees and hips, squat down until your knees are close to a 90 degree angle, then straighten your legs and repeat.

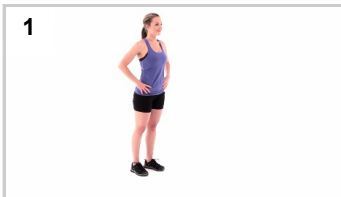
Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.

Dynamic Warm Up: Mini Lunge

REPS: 10

SETS: 1



Setup

Begin in a standing upright position.

Movement

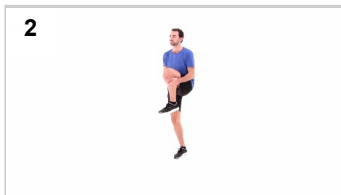
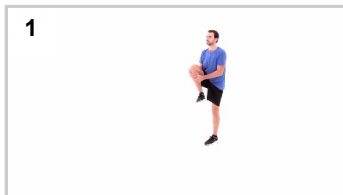
Step forward with one foot and lower down into a mini lunge position. Return to standing and repeat on the other leg.

Tip

Make sure to maintain your balance and do not let your front knee move forward past your toes.

Single Knee to Chest

REPS: 10	HOLD: 2"
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Setup

Begin standing in a long, open, and flat area.

Movement

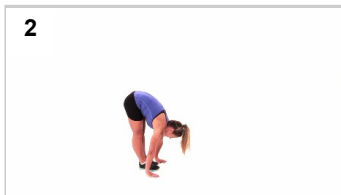
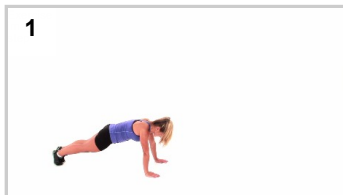
Lift one knee up to your chest and hug it with your arms. Hold briefly, then repeat on the other side.

Tip

Make sure to maintain your balance during the exercise.

Inchworm Walkout

REPS: 10	SETS: 1
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Setup

Begin in a standing upright position.

Movement

Bend at your hips and lean forward to touch the ground. Slowly walk your hands forward with your legs straight until you reach a push up position. Then slowly walk your feet toward your hands with your knees straight, and repeat.

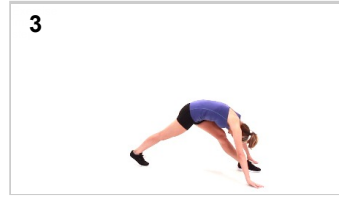
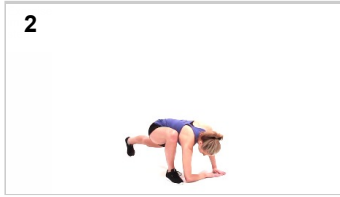
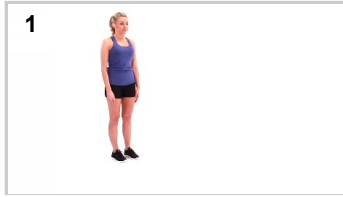
Tip

Make sure to keep your back straight, and avoid locking out your arms and legs during the exercise.

Dynamic Warm Up Lunge Stretch

REPS: 10

SETS: 1



Setup

Begin in a standing upright position.

Movement

Take one large step forward into a deep runner's stretch with both hands on the floor. Place your forearm on the floor between your forward leg and opposite hand and hold. Then return your hand to the outside of your foot, straighten both legs, and hold. Slowly stand up onto your forward leg and bring your other foot forward to repeat the exercise on the other side.

Tip

Make sure to perform these movements slowly and maintain your balance during the exercise.

Quadriceps Stretch with Chair

REPS: 1

HOLD: 30"



Setup

Begin in a standing upright position holding onto a stable surface for support.

Movement

Bend one knee upward and grasp your foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh and hold.

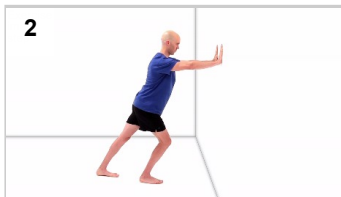
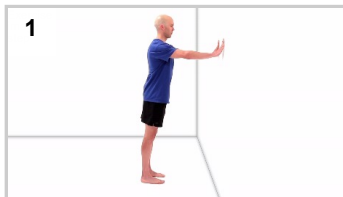
Tip

Make sure to keep your back straight and maintain your balance during the stretch.

Gastroc Stretch on Wall

REPS: 1

HOLD: 30"



Setup

Setup Directions

Movement

Begin in a standing upright position in front of a wall.

Tip

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.