

Dynamic warmup moves:

*(*These 5 moves can be used prior to any of the workouts listed in the 12-week program. My suggestion would be to run through all 5 of these moves after a 2-3 min. light cardiovascular activity, performing each move for approximately 30-60" each.)*

1. Toy soldier/hamstring kick



2. Caterpillar walkout/inchworm (pushup optional)



3. “Double” knee tuck



4. Soccer style “double” tuck



5. Runner’s lunge w/ t-rotation



