

## Dynamic Warm Up

- Planks – side, back, side, front, repeat twice 10 sec hold.
- Squats – arms straight in front, knees over feet, narrow stance. Repeat 5
- Running 30m to loosen up
- Skips back, arms swinging over head
- Lunges to side - nose, knee, toe aligned.
- All 4s - Mountain climb (one foot alongside hand)
- same position as before but both feet land flat outside of hands
- Leg raises= Head & back on floor, tummy tight, free leg swings up straight, other leg bent, foot on floor
- All 4s – lift thigh, circle knee one way then other, scorpion (lift at back folds over) repeat 5 each
- Run – 30m
- Return skipping backwards & scooping down

- Run – 30m
- Return backwards skip & scoop
- Run – run 30m
- Lie down on back, crucifix, leg swing 1 side to other then repeat with other leg.
- Lie on front twist leg over to opposite arm
- Rock back then come forward to finish sitting with legs apart/in-side hurdle position
- Against wall leg swings – fold up at back, straight forward