



## DYNAMIC WARM UP

- Shoulder circles 8 backwards & 8 forwards
- Arm circles 8 backwards & 8 forwards
- Upper body lean side to side each side 8 times - feet hip width apart keep hips facing forwards
- Upper body rotations 8 times - feet hip width apart keep hips facing forwards
- Single leg swings forward and backwards 8 each side
- Hip rotations outwards 8 times each leg & inwards 8 times each leg - create circles with bent knee
- Baby squats 8 times
- Side lunges 8 times
- Ankle rotations inwards 8 times & outwards 8 times
- Easy jog on the spot 60 seconds
- Side step & high knee lift 8 times
- Side step & bottom kick 8 times
- Jog on the spot 60 seconds