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## Dynamic Warm Up For Sport 2

### 1) Jogging With Arm Circles

Forward and Backward

5 to 8 Seconds Each Direction



### 2) Jogging with Cross Over Step

Forward and Backward

5 to 8 Seconds Each Direction



### 3) Skiping Backward Flaring Knees

5 to 8 Seconds Each Direction



### 4) Skiping Cherry Picker

Forward and Backward

5 to 8 Seconds Each Direction



### 5) Carioca Right and Left

5 to 8 Seconds Each Direction



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## Dynamic Warm Up For Sport 2

6) Carioca with Same Leg in Front  
5 to 8 Seconds Each Direction



9) Backward Long Stride Reach  
5 to 8 Seconds



7) Shuffle Bent-Over Arm Swing  
Right and Left  
5 to 8 Seconds Each Direction



10) Backward "DB Shuffle"  
5 to 8 Seconds



8) Shuffle Straight Leg Lateral Swing  
Right and Left  
5 to 8 Seconds



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## Dynamic Warm Up For Sport 2

### 11) Walking Lunge with Twist

Right and Left

3 to 5 Steps Each Leg



### 14) Figure 4 Sit Walks

3 to 5 Steps Each Leg



### 12) Spiderman Crawl

3 to 5 Steps Each Leg



### 15) Reverse Walking w/ Toe Touch Hold

5 to 7 Steps Each Leg



### 13) Walking High Knee Pull

Forward

3 to 5 Steps each leg



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## Dynamic Warm Up For Sport 2

### 16) Single Leg T RDL

5 to 7 Steps Each Leg



### 17) Shuffle Drag Foot

Right and Left

3 to 5 Steps Each Leg



### 18) Long Stride Reverse Reach

3 to 5 Steps each Leg



### 19) Duck Walk Short Step

Forward and Backward

3 to 5 Steps Each Leg



### 20) Lateral Shift Lunge

3 to 5 Steps Each Leg



### 21) Standing Arm Circles

Forward and Backward

5 to 8 Seconds Each Direction



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## Dynamic Warm Up For Sport 2

### 22) [Neck Rolls](#)

10 reps



### 23) [Trunk Rolls](#)

5 Each Direction



### 24) [Trunk Twist](#)

5 Each Direction



### 25) [Hip Swings on Wall/Partner](#)

5 Side to Side Each Leg



### 26) [Knee Ankle Rolls](#)

5 Full Circles



### 27) [Pike Position Toe Flips](#)

5 Flips



### 28) [Laying Leg Circles](#)

5 Full circles Each Leg



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## Dynamic Warm Up For Sport 2

### 29) Spread Eagle Leg Swings

5 Side to Side Each Leg



### 30) Lying on back Straight leg Kicks

5 Each Leg



### 31) Inverted Bike

5 to 7 Reps



### 32) Inverted Leg Swings

5 to 7 Reps



### 33) Scorpion

5 Times Each Side Leg To Hand



### 34) Cat Cows on All Fours

5 Times Up and Down



### 35) Hip Circles on All Fours

5 Each Legs



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