

XLathlete.com

Ground Hurdle Dynamic Warm up

- [Hurdle Warm Up Forward](#) – Right Leg First
- [Cat Cow](#) – 10 Each Way
- [Hurdle Warm Up Forward](#) – Left Leg First
- [Quadraped Shifts](#) – 10 Back and Forth
- [Hurdle Warm Up Lateral](#) – Right Side
- [Laying Knee Ups](#) – 6 Each Side
- [Hurdle Warm Up Lateral](#) – Left Side
- [Bent Leg Hip Rotation](#) - 6 Each Side
- [Hurdle Warm Up Backward](#) – Right Leg First
- [Hurdler Twist](#) – 6 Each Side
- [Hurdle Warm Up Backward](#) – Left Leg First
- [Hamstring Up and Over](#) – 6 Each Side
- [Hurdle Warm Up Glute Lift Lateral](#) – Right Side
- [Hurdler Twist Both Legs In](#) – 6 Each Side
- [Hurdle Warm Up Glute Lift Lateral](#) – Left Side
- [T spine rotation](#) – 6 Each Side
- [Standing Over and Under](#) – 6 Each Side