

XLathlete.com

Ground Dynamic Warm Up

Ground Dynamic Movements - For best results complete 3 to 6 Reps.

[Cat Cow](#)

[Cat Cow Shoulder Stretch](#)

[Donkey Kick](#)

[Hip Circles](#)

[Quadrapped Shifts](#)

[Quadrapped Forward Leg Circles](#)

[Quadrapped Backward Leg Circles](#)

[Quadrapped Out Hip Lift](#)

[Laying Knee Ups Front](#)

[Scorpion](#)

[Push Up Stretch](#)

[Push Up Stretch With Twist](#)

[Toe Pikes](#)

[Spread Eagle](#)

[Laying Knee Ups](#)

[Bent Leg Hip Rotation](#)

[Dynamic Butterfly](#)

[Knee To Chest and Roll](#)

[Laying Leg Over](#)

[Inverted Bike](#)

[Laying Up and Over](#)

[Inverted Leg Swings](#)

[Laying Straight Leg Kicks](#)

[Lying Leg Twist](#)

[Laying Leg Circles](#)

[Hurdler Twist](#)

[Hamstring Up and Over](#)

[Hurdler Twist Both Legs In](#)



