

XLathlete.com

Hurdle Mixed Dynamic Warm up

- [RPR Breathing/Shoulder](#)

- [Hurdle Warm Up Forward](#) – Right Leg First

- [Arm Circles Above Head](#) – 10 Each Way

- [Reindeer Twist](#) – 10 Each Way

- [RPR Psoas/Supraspinatus](#)

- [Hurdle Warm Up Forward](#) – Left Leg First

- [Cat Cow](#) – 10 Each Way

- [Cat Cow Shoulder Stretch](#) – 10 Seconds

- [Quadrapped Shifts](#) – 10 Back and Forth

- [RPR Glutes](#)

- [Hurdle Warm Up Lateral](#) – Right Side

- [Spread Eagle](#) – 6 Each Side

- [Laying Knee Ups](#) – 6 Each Side

- [Bent Leg Hip Rotation](#) - 6 Each Side

- [RPR Lateral Sling](#)

- [Hurdle Warm Up Lateral](#) – Left Side

- [Laying Leg Over](#) – 6 Each Side

- [Lying Leg Twist](#) – 10 Each Way

- [RPR Quad](#)

- [Hurdle Warm Up Backward](#) – Right Leg First

- [Hurdler Twist](#) – 6 Each Side

- [Hamstring Up and Over](#) – 6 Each Side

- [RPR Hamstring/Lats](#)

- [Hurdle Warm Up Backward](#) – Left Leg First

- [Hurdler Twist Both Legs In](#) – 6 Each Side

- [Push Up Stretch With Twist](#) – 6 Each Side

- [RPR Arch](#)

- [Hurdle Warm Up Glute Lift Lateral](#) – Right Side

- [T spine rotation](#) – 6 Each Side

- [RPR Abs](#)

- [Hurdle Warm Up Glute Lift Lateral](#) – Left Side

- [Trunk Twist](#) – 10 Each Way

- [Standing Over and Under](#) – 6 Each Side

