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On-Mat Dynamic Warm Up For Wrestling

1. [Jogging Around Mat](#)

Around perimeter of mat or room

2. [Forward Roll](#)

4 to 5 rolls

3. [Walking Lunge With Twist](#)

Around ½ perimeter of mat or room

4. [Backward Roll](#)

4 to 5 rolls

5. [Duck Walk Forward](#)

Around ½ perimeter of mat or room

6. [Cartwheel Facing Right](#)

4 to 5 rolls

7. [Shuffle Dragging Foot Face Right](#)

Around ½ perimeter of mat or room

8. [Cartwheel Facing Left](#)

4 to 5 rolls

9. [Shuffle Dragging Foot Face Left](#)

Around ½ perimeter of mat or room

10. [Backward Roll To Feet](#)

4 to 5 rolls

11. [Reverse Walking Toe Touch](#)

Around ½ perimeter of mat or room

12. [Partner Dive Roll](#)

4 to 5 rolls

13. [Walking Knee Pulls](#)

Around ½ perimeter of mat or room

14. [Partner Over Back Rolls](#)

4 to 5 rolls

15. [Walking Ankle Pull Ins](#)

Around ½ perimeter of mat or room

16. [Standing Arm Circle](#)

10 backward and forward

17. [Cat Cow](#)

10 up and down

18. [Spread Eagle](#)

5 each way

19. [Scorpion](#)

5 each way

Begin Sport-Specific Drills

