

XLathlete.com Pro or College Dynamic Jogging Warm up

Complete dynamic Walking movement for 10 yards then complete dynamic Standing movement

5 PNF Both Legs [Inside & Outside](#)
WALKING BAREFEET

[5 PNF Leg Flares](#) Both Forwards & Backwards
[Walking on inside of feet](#)

[Standing Arm Circle Side](#)—
4 EACH WAY
[WALKING FORWARD ON OUTSIDE OF FEET](#)

[STANDING ARM CIRCLES FRONT](#) — 4 EACH
WAY
[WALKING FORWARD ON TOES](#)

[STANDING ARM CIRCLES OVER HEAD](#) - 4 EACH
WAY
[WALKING BACKWARD ON INSIDE OF FEET](#)

[PUSH AWAY](#) - 4 EACH SIDE
[WALKING BACKWARD ON OUTSIDE OF FEET](#)

[TRUNK TWISTS REINDEER](#) - 4 EACH WAY
[WALKING BACKWARD ON TOES](#)

[NECK ROLLS](#) - 4 EACH WAY
[FRANKS](#)

[NECK SLIDES - FORWARD & BACKWARD](#) - 4
EACH WAY
[WALKING BEND ANKLE GRAB](#)

[HOUR GLASS](#) - 4 FULL CIRCLES EACH WAY
[HIGH KNEE PULLS WITH F8 SHAKE](#)

[SHOULDER SLIDES LATERAL](#) - 4 EACH WAY
[FIGURE 4 SIT WALKS](#)

[MESSIER SQUATS](#) - 3 EACH WAY
[Walking Lunge](#) WITH Palms to Ceiling

[ANKLE ROLLS](#) - 4 EACH WAY
Walking Forward Toes Pointed in Half way
Toes Pointed out Half way

[KNEE ROLLS 4 EACH WAY](#)
[Lateral Lunge](#) W/ ANKLE TILTS Facing Right 3
Reps Facing Left 3 Reps

[STRAIGHT LEG FIGURE 8 4 EACH](#)
Walking Backward Toes Pointed in Half way
Toes Pointed out Half way

VISION SHIFT TRAINING [HI](#) & [LOW](#) — 10 Each
way
[FORWARD CROSSOVER WALKING LUNGE](#)
[WITH TWIST](#)

[LUMBAR ROLLS](#) 3 EACH WAYS
[Duck Walk](#) - Half forward/Half backward

[X-BEHIND](#) - 4 EACH WAY
[SHUFFLE W\ Drag Foot](#) -3 Reps Right/3 Reps
Left

[NECK SLIDES](#) - SIDE WAYS - 4 EACH WAY
[SHUFFLE W\ DRAG FOOT LT](#)

[CHEST SINKS](#) — 4 REPS
[LATERAL SHIFTING](#) Lunge 3 Reps Right 3 Reps
Left

[TRUNK ROLLS](#) - 4 EACH WAY
[WALKING BACKWARD REACHES](#)

[LEG SWINGS FOR-BACKWARD](#) - 4 EACH WAY
[STRAIGHT LEG TOE TOUCH WALK](#)

[Hip Swing](#)- SIDEWAYS - 4 EACH WAY
[REVERSE FLARE LUNGE PALMS TO CEILING](#)

[SQUATTING INTERNAL ROTATION](#) - 3 REPS
[FRANKENSTEIN WITH SKIP](#)

[TOE ROLLS](#) (FOOT FACE DOWN) 3 EACH
[SINGLE LEG "T" RDL](#) LOOK TOWARD LEG

[REINDEER ELBOW CIRCLES](#) 4 EACH
[LATERAL CROSSOVER LUNGE](#) FACE RIGHT

[FIGHTER SHOULDER ROLLS](#) FORWARD 8 EACH
[LATERAL CROSSOVERLUNGE](#) FACE LEFT

[FIGHTER SHOULDER ROLLS](#) BACKWARDS 8
EACH
[Spiderman Crawl](#)

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JOGGING FORWARD

JOGGING BACKWARD

CARIOCA LEFT

CARIOCA RIGHT

SKIPPING (FWD)

SKIPPING (BWD)

JOG W\ CROSSOVER STEP (FWD)

CHERRY PICKERS

SHUFFLE (X-ARM SWING) RT

SHUFFLE (X-ARM SWING) LT

JOGGING BACKWARD THROW

PUNCHES

High Knee Carioca RT

High Knee Carioca LT

JOGGING FORWARD ARM CIRCLE

GALLOP RT LEG FORWARD

GALLOP LT LEG FORWARD

JOG W\ HIGH KNEES (FWD)

GALLOP RT LEG BACKWARD

GALLOP LT LEG BACKWARD

JOGGING FORWARD Toes Pointed

In

SKIP W\ FLARED KNEES (BWD)

JOG HI KNEE X-OVER (FWD)

LATERAL STRAIGHT LEG SKIPS RT

LATERAL STRAIGHT LEG SKIPS LT

CARIOCA QUICK STEP LT

CARIOCA QUICK STEP RT

Jogging FORWARD Toes Pointed
Out

SKIP W\ STRAIGHT LEGS FWD

SKIP W\ KICK (FWD)

Jogging Backwards Toes Pointed In

FOOT FIRE

JOGGING Backward Toes Pointed

Out

C SERIES RT

C SERIES LT