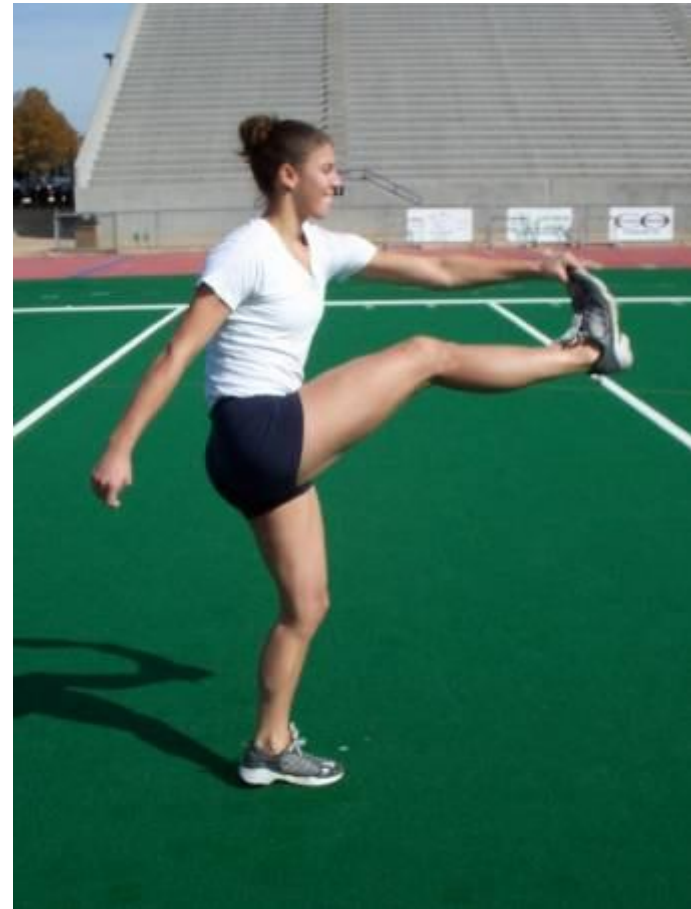


Dynamic Warm Up

- 1) Frankensteins
- 2) Close the Gate
- 3) High Knee Walk
- 4) Walking Heel-Up w/ Straight-Leg Deadlift
- 5) Heel Up/Butt Kicks
- 6) Overhead Lunge Walk
- 7) Lateral Sumo's
- 8) Running Carioca

1. Frankensteins

- Begin by kicking the right leg up to the left hand held out at shoulder height for a landmark. Then repeat with left leg to right hand. Keep both legs straight throughout exercise.



2. Closing the Gait

- Abduct the hip with knee bent to 90 degrees, then bring that leg back to mid-line and repeat with opposite extremity stepping forward.



3. High Knee Walk

- As you step forward grasp the shin of the opposite leg and pull the knee toward your chest. Extend stepping leg, and get up on the toes.



4. Walking Heel-Up With Straight-Leg Deadlift

- Pull the heel of one leg to the butt. In addition, lean forward keeping the trunk straight, and lift the knee as high as possible.



5. Heel Up/Butt Kicks

- Jog lightly emphasizing bringing the heel to the butt.



6. Overhead Lunge Walk

- Step forward with the first leg. Land on heel then forefoot. Lower body by bending knee and hip of front leg until knee of rear leg is almost in contact with floor. Stand on forward leg with assistance of rear leg. Lunge forward with opposite leg. Keep hands behind head.



7. Lateral Sumo's

- With one leg, step out directly to your side and perform a squat, slightly leaning to that side and pushing your hips backward. Push off lead foot and step back together to the starting position. Face the same direction for the way back.



8. Running Carioca

- Begin by crossing one leg in front of the other, and then bring the trail leg through. Now cross the lead leg behind the trail leg. Shoulders should remain square and a semi-squat position should be maintained.

