

Dynamic Warmup

1. Skips with forward arm circles (forward and backward)
2. No Goods
3. 360s
4. Reach Backs
5. Backward Skips
6. Side Shuffles
7. Jumping Jacks
8. Carioca
9. Giddyups
10. Buttkicks
11. Lateral Leg Swings
12. Linear Leg Swings
13. Hurdles
14. Eagles
15. Teapots
16. Calf Raises (not in video, but important)
17. Camels (Cat Cows)
18. Cobra Cats
19. Reach Throughs
20. Fire Hydrants
21. Donkey Kicks
22. Whips
23. A Marches
24. A Skips
25. B Marches
26. B Skips
27. Baby Steps (Dribblers)