

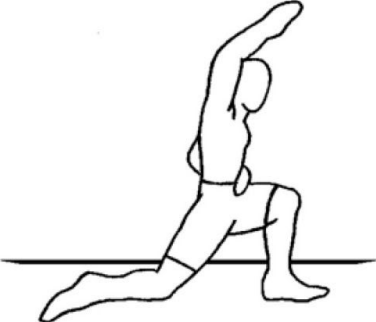
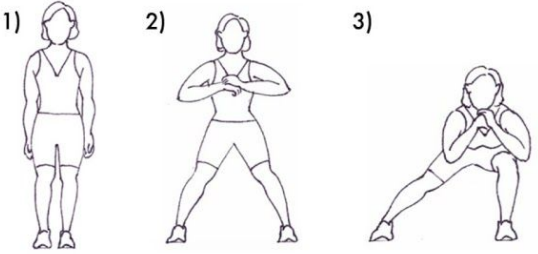


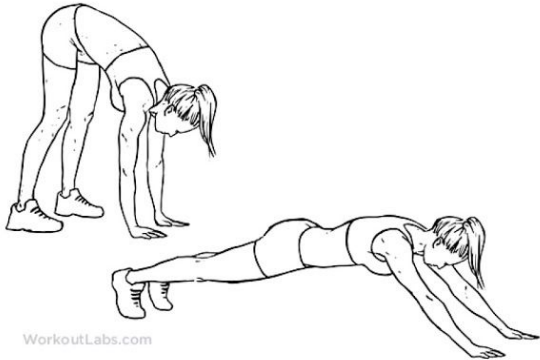


## Dynamic Warm Up

	<p><b>High Knees:</b></p> <p>Keeping your back straight, use an exaggerated arm swing and knee drive to repetitively drive your knees as high as possible. Do this for 15 yards and repeat twice.</p>
	<p><b>Butt Kickers:</b></p> <p>Keeping your back straight, use an exaggerated arm swing and back kick to touch your heel to your butt. Do this for 15 yards and repeat twice.</p>
	<p><b>Lunge with Overhead Reach:</b></p> <p>Keeping your back straight, take one long stride straight ahead. Hold this position and drop the back knee to the ground. Reach with the same hand up and over your head. Do this in a walking manner for 15 yards and repeat twice.</p>

	<p><b>Side Lunge:</b></p> <p>Keeping your back straight, take one long stride to your side. Lean toward that same side until you feel a good stretch in your groin. Return to the starting position and repeat for 15 yards. Repeat so that both legs are stretched twice.</p>
	<p><b>Forward Leg Swings:</b></p> <p>Using a wall for support, balance on the leg opposite the wall. Begin swinging your leg forward and backward in a pendular motion. Be sure to keep your back and swing leg as straight as possible. <b>DO NOT OVERSWING!!</b> Do this for 20-30 seconds and repeat on both legs twice.</p>
	<p><b>Side Leg Swings:</b></p> <p>Using a wall for support, balance on one leg and begin to swing the opposite leg side to side in a pendular motion. Be sure to keep you back and swing leg as straight as possible. <b>DO NOT OVERSWING!!</b> Do this for 20-30 seconds and repeat on both legs twice.</p>
 <p>WorkoutLabs.com</p>	<p><b>Inchworm:</b></p> <p>Begin in the push-up position. Slowly walk your feet toward your hands while keeping your knees straight. Once you feel a good stretch in your hamstrings, walk your hands away from your feet. Do this for 15 yards and repeat twice.</p>