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## Dynamic Warm-Up

### Mobility Drills: 30-90 feet, depending on age

1. **High knees.** Run forward, bringing knees close to chest; emphasize arm action.
2. **Butt kicks.** Run forward, brings heels s close to the buttocks as possible, emphasize arm action.
3. **Power skip.** Skip forward, bringing one knee to chest. Keep the head up and work the arms as if running.
4. **Carioca.** Run laterally, crossing one leg over the other.
5. **Hip Rolls.** Hip bent at 90 degree angle, bring knee from outside to inside.
6. **High Kicks/Zombie Walk.** Knee straight, kick straight forward as high as possible.
7. **Backward run.** Lean forward at the waist with knees bent. Run backward while pumping the arms.
8. **Forward run.** Do two at 75% and two at 90-100%.
9. **Jumping Jacks:** 30 seconds
10. **Arm Circles.** Forward and back, 30 seconds

### Strength:

1. **Lunge with rotation:** 10 per side
2. **T's:** 10 per side
3. **Jump Squat:** 10 reps
4. **Plank.** 30 seconds
5. **Mountain climbers.** 30 seconds

### Agility:

1. **Lateral Bound:** Stand on one leg, knee bent. Jump laterally to opposite leg. Control landing. 10 reps.
2. **Forward/Backward Bound:** Stand on one leg, jump forward onto opposite leg, jump back to staring position. Control landing. 10 reps each leg.