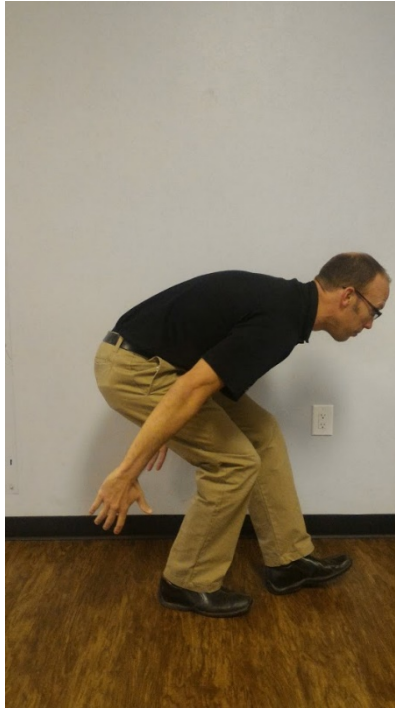


## DYNAMIC WARM UP MOVEMENTS

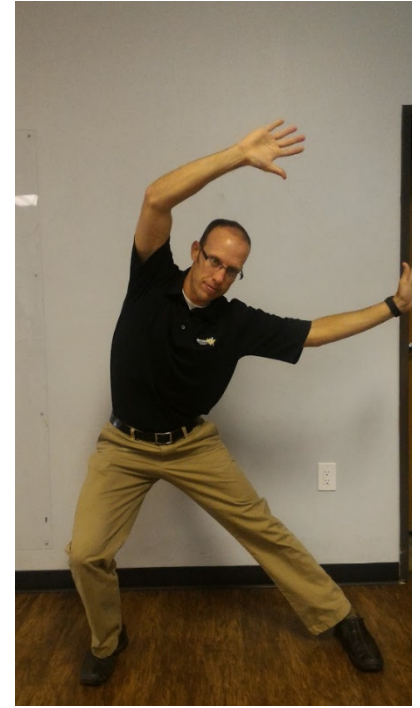
Repeat each movement 5 times on each leg.



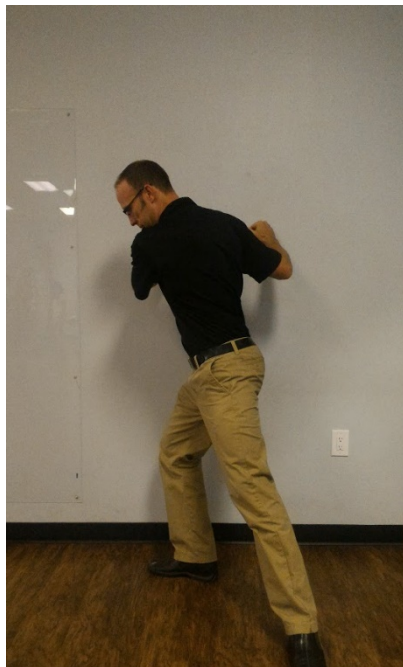
Step forward with one leg and reach high up overhead with both arms.



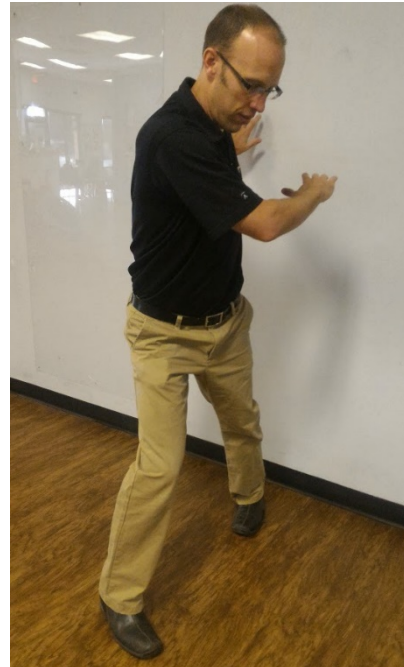
Step back with most of the weight in the back foot and swing arms down back behind ankles



Step to the side and reach arms overhead to the opposite side.



Rotate and step back to the side and rotate arms in the same direction. Keep front foot in place



Step forward and rotate across the opposite foot. Arms will swing to same side as back leg