

EXERCISES

WARM UPS

Arm Rotations
Wrist Rotation
Hip Rotations
Trunk Rotations
Neck Rotations
Hip Flexes
Knee Rotations
Knee Bends
Ankle Rotations
Spot Running
Star Jumps
Front / Side Hops
Front Stance Jump Changes
Knee Raises
Lunges

MUSCLE TONING

Push Ups
Sit Ups
Front Leg Raise
Side Leg Raise
Squats

STRETCHING - STANDING

Static Hamstring Stretch
Front Stance Stretch 1 – rear foot flat on floor
Front Stretch 2 – rear heel raised and knee bent toward floor
Front Leg Raising 1 – forward stance stepping
Front Leg Raising 2 – back stance stationary up and overs
Side Leg Raising 1 – sitting stance stepping
Side Leg Raising 2 – with partner stationary

STRETCHING – SEATED

Hamstring Stretch 1 – One leg straight / other leg pulled to groin – head to knee
Hamstring Stretch 2 - One leg straight / other leg tucked outside – head to knee
Hamstring Stretch 3 – Both legs straight – head to knees
Hamstring / Groin Stretch – One leg straight / other leg crossed over – twist trunk OD
Groin Stretch 1 – bottoms of feet together pulled to groin – head to feet
Groin Stretch 2 – bottoms of feet together pulled to groin – pressing down on knees
Groin / Hip Stretch 1 – legs wide apart – head to knee
Groin / Hip Stretch 2 – legs wide apart – head to floor