

## 2016-2017 Active Warm Up

- 1 4x 2 courts Walking w/ Thera band & shoulder program
- 2 2x 2 courts Side shuffle series (w/3 step back turn)
- 3 1x2 courts Down / back "lazy crossover" (turn halfway)
- 4 1x2 courts Down back "quick crossover steps" (turn halfway)
- 5 1x 2 courts Walking lunges w/90' elbow twist in front of face
- 6 1x2 courts Long lunge step into explosive lunge step (elbows to floor)
- 7 1x2 courts Side lunge w/back turn (no steps in between)
- 8 1x2 courts "Can-Can" (1/2 way turn backwards)
- 9 1x2 courts "Can-Can" sideways (1/2 way turn backwards)
- 10 1x2 courts "Rockettes" (1/2 way turn backwards)
- 11 1x2 courts "Rockettes" sideways (1/2 way turn backwards)
- 12 1x2 courts 4 way hand / foot touch (1/2 way turn backwards)
- 13 1x2 courts 4 way hand / foot touch sideways (1/2 way turn backwards)
- 14 1x2 courts "Bear Crawl" (1/2 way forward 1/2 way backwards)
- 15 1x2 courts 3 step split-touch (alternate lead leg)
- 16 Line Up: 5x each (1) cats-dogs (2) 3 pt. leg kickback & side leg raise
- 17 3x Supine Cross: "2 way" (R foot to L hand and then lower to R side)

### 18 **Plank Series:**

(no part of the body touches the ground except elbows / hands or feet (15 sec. increase 5 sec. each month)

***note: for side plank***

***keep feet down for November***

1. Front Elbows
2. Side Elbows
3. Side Hand
4. Front 2 Hands Single Leg
5. Supine Blocking Plank
6. Lying Plank (supine)

### **Flexibility (3 min.)**

- 19 3 way 5 reps shoulder girdle  
(**across chest, alt. forward-back, single arm circle For. & Back**)
- 20 Prone 3 way ab stretch (5 sec. each SLOW count)
- 21 Prone quad stretch (heels to hips) 10 sec.
- 22 5x 4 point hip press "table top" w/5 kick ups each leg
- 23 3 way standing wide base 10 ct. R-L-M (grab ankles)
- 24 10 sec. Spider press
- 25 3x seated roll back to stand up