

Warmup Routines

PLYOMETRIC EXERCISES

side to side hop

front to back hop

one leg side to side hop

one leg front to back hop

Z Pattern (like a dot drill)

Seal Jacks

Jumping jack

Iron Cross Jack crossing legs and arms

Athletic IN and Outs

In and out with a squat

In and out with a twist

Straight leg Hops (focus on Pulling the toes Up)

side to side skiers

Split Jumps

Squat Jumps

Burpee Thrust

Push up Hops/1 Leg

Dot X drill

Icki shuffle

One Leg Side to side

One Leg Front to Back

One leg Dot Drill Squares

Ankle Flips

#### MOVEMENT EXERCISE

Knee Tucks

Lateral Lunge

Forward lunge with rotation

pivotal squats

walking cross overs (same leg)

walking reaches (same Leg)

Reverse walking reaches (same Leg)

Zig Zag Lunges

Lateral Ple-a walks

Under hurdle walks

inch worms

Reverse Inch worm

spiderman

spiderman to a standing position

spiderman/Ear to the ground

rabbit walks

Reverse lunges

Reverse Inch worms

Crab walks

Quad stretch with High 5

Leg Cradle

Lunge with Overhead

Lateral Crab walk

Bear Walks

Walking straight Legs