

AAA AND ABOVE STRENGTH TRAINING

Dynamic warm up

1 pole

Skipping hugs

Side to side hugs

Hamstring swipes

Quad pulls

Knee cradles

Side to side lunges

Forward lunge reach and rotate

Forward lunge to inside reach

Backwards lunge reach

1 march (high knees)

2 March (high knees)

3 March (high knees)

Arm warm up

Superman's (don't move body just arms) Lay on stomach roll over legs to hands