

# CHAPEL HILL MEET DAY WARM-UP

## Light Jog for 5 Min.

### Dynamic

Walking A-Position Holds (for 2 Mississippi)

A-Skip – Forwards

Lateral Jumping Jacks (Lat Jacks)

Lateral Shuffle (Bend the Knees)

Carioca

Straight Leg Shuffle then Straight Leg Shuffle to Bound

Build Up Run

### Active Stretches

Straight Leg Sweeps (Scoops)

Frankenstein Walk to High Skip

Walking Quad Pull Walks

Knee to Chest Pull Walks

Walking Leg Cradle

Walking Elbow to Instep (Runners Lunge/Deep Lunge)

Inch Worm

Cherry Pickers or Frank N' Bobs

Inchworms

### ALL FOURS

Fire Hydrants

Hip Circles Forward and Backwards

Scorpions

### Squat Series

Normal Lunge

Lateral Lunge

Lunge with A Hold

Backward Lunge also with A Hold

Lunge with twist then LEG SWINGS!