

Active Warmup

Hi Knees

--foot flex; knee to 90

Butt kickers

--high knee; heel to butt

Monster Walks

--contract quad; don't kick; oppo arm

Lunges (reverse lunges)/Bows back

--reverse only; hips tall

Airplanes

--on balance; straight line from head to toe

A-skip

--drive elbows; foot flex; knee to 90

B-skip

--drive elbows; knee first; cycle foot down

C-skip

--teach as progression; hop and same leg; advance

Cherry pickers

--oppo leg/arm; for height

Karaoke

--high knee over; hips balanced

Sashays

--cross on bottom and on top

Leg Swings

--side to side

--front to back

--cycle forward

--cycle backward

Hips 2x

--clams

--straight leg

--straight leg toe out

--on back leg raises

--on back leg raises toe out

--reverse raise

--sideways raise

--hip circles forward

--hip circles backward