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### Dynamic Warm-Up

- All movements should be performed for **30 seconds**.
- All impact activities should land with a soft knee and a quiet landing toe to heel.
- If able to maintain adequate form and eccentric control, increase repetitions for time period.

### Toe Walks



- Walk on balls of the feet.
- Heel of the foot should not touch the ground, and the core should remain neutral.
- Keep knees straight with hips aligned with shoulders.

### Heel Walks



- Walk on the heels, extending knees fully with each step.
- The toes should not touch the ground, the knees should not lock.

### Straight Leg Kicks



- Walk with straight knee.
- Alternate lifting each leg as high as possible without breaking at the waist.
- The entire body should remain tall with core in neutral, feeling slight tug on hamstrings with toes flexed.

### Bent Knee Kick Out



- Alternate lifting each leg with a soft knee.
- Kick the leg out fast with a snap motion forward from heel.
- Core remains neutral.

### Butt Kickers



- Bring heel to buttocks while keeping hips neutral.
- Reach heel to high point of the buttocks
- This can be done walking or with a 'jog' step.
- Keep shoulders over hips.



## Hip Rotation

- Rotate leg in a semi-circle motion in and around imaginary obstacle.
- When lifting leg keep core stable and hips aligned with shoulders.



## Walking Piriformis

- Lift leg in front of the body, bending at the knee. Drop the knee outward.
- Grasp the 'shin' with both hands and pull in towards the body with light tug and release.



## Carioca

- Step sequence is cross in front, side step, cross behind.
- Keep core aligned and hips under shoulders.
- Stay light and quick on feet.



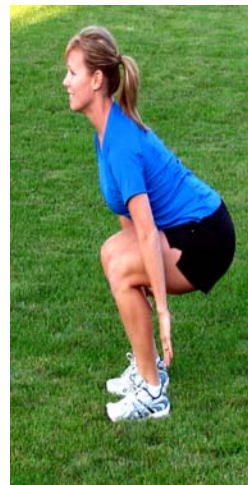
## Forward Lunge

- Step into lunge with shoulders aligned over hips and core neutral.
- Knee should be centered over ankle with a 90 degree bend.



## Wall Jumps

- Perform small 1/4 squat with knees centered over feet and buttocks back.
- Landing MUST be toe first followed by heel with knees aligned with hips emphasizing toe/heel motion.
- Avoid leaning forward on landing or bringing knees inward towards midline.



## Squat Jumps

- Start from a mid range squat position, head/chest up, back straight, hands behind heels, core engaged.
- Jump up and reach high with controlled toe heel landing.
- Keep buttocks back and knees centered directly over feet.
- Avoid dropping knees in or knees out over toes.

Further questions, please contact  
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