**Dynamic Warm Up**

**High Knee Walk-** Start by standing erect. Lift one knee in the direction of your chest. Grasp anterior portion of lower leg with both hands and pull with a controlled motion towards chest. Release and step forward. Follow same directions with opposite leg.

**High Knee Run**- Start by standing erect. Jog forward with an exaggerated emphasis on raising your knee to waste level with each step. Forwards 10 yards and back 10 yards.

**Walking Lunges**- Start by standing erect with your feet positioned underneath you. Descend by taking a step forward, about twice as far as you normally would just to walk, and sink into the lunge position by allowing your hips to drop without your knee travelling more than a few inches forward. Make sure to keep your torso erect throughout the entire movement. Return to the starting position by driving through the heel of your exercising leg and squeezing your glute and quad. Once back to the starting position, begin the same process with the opposite leg and continue alternating lunging on each leg until prescribed amount of reps are completed.

**Frankenstein Walks**- Begin standing with your feet parallel to each other. Step forward about one foot with your support leg and immediately bring your working leg straight out and up in a kicking motion. The toes should contact the hand at the top portion of the movement before returning to the start position. Immediately transition to the other side. Focus on staying as upright as possible throughout the entire movement.

**Bodyweight Squats**- Start by setting your feet about shoulder width apart with your toes pointed straight ahead or slightly outward. Begin descending by pushing your butt back and keeping your torso as upright as possible. Ascend by pushing through the middle of your feet and your heels, squeezing your glutes and your quadriceps.

**Iron Cross**- Begin by lying on your back with your arms straight out to the sides. Raise one leg at a time and swing it, under control, towards your hand on the opposite side of your body. Keep your legs straight and try not to let your shoulders raise off of the ground throughout the movement. Return to the start position under control. Repeat on the opposite side. 8-10 reps each side.

**Scorpions**- Begin by lying on your stomach with your hands straight out to the sides. Like the iron cross, rase one leg at a time and rotate your hips, reaching as far across your midline as possible. During this move, unline the iron cross, you will bend your leg as you reach for the floor. Return to the starting position and switch sides.

**Leg Swings**- Begin by leaning against a stable object, such as a wall, squat rack, railing, etc… From here, swing the working leg slightly in front of the body as far as you can each direction. Try not to allow the momentum to rotate your torso at all. Complete prescribed reps on one side before switching.

**Clock Lunges**- Start by standing erect with your feet positioned underneath you in an area with plenty of space around you. Now, envision that you are standing in the center of a clock face with 12 o’clock in front of you and 6’0clock behind you. To complete the exercise, you will simply lunge to each position on the clock face, working from 12 o’clock to 6 o’clock on each leg. 3 o’clock gets two lunges, a side lunge and a rotation lunge into the position and back out. As you work back the clock face, past 3 o’clock, you rotate into the lunge position at the given place on the clock and drive back out of the lunge, rotating back into the starting position. You will work around the clock to 6 0′clock on one leg be fore working back the clock on the opposite leg. One trip from 12 to 6 on each leg counts as 1 rep. Continue for the prescribed amount of reps.