

WARMUP

1. 30 Jumping Jacks
2. 8 high knees (each to the front, side, back, and side, rotating in a circle)
3. 16 Criss Cross jumps
4. 16 Side to Side jumps

CONDITIONING / STRETCHES

1. Feet out, hold each position for 8 counts
2. To the left side
3. Left side, flat back
4. Down to left toe
5. Repeat Stretches 2-4 to the Right
6. Feet together
7. Slow head roll for 8 counts to left, then reverse to right.
8. 8 counts to roll down to toes. Hold for 16 counts and slowly roll up for 8 counts.
9. Right arm stretch across chest hold for 2 counts of 8 (repeat left)
10. Right arm stretch above head grabbing elbow hold for 2 counts of 8 (repeat left)
11. Right quad stretch for 2 counts of 8 (repeat left)
12. Butterfly
13. Gently push knees down for 2 counts of 8
14. Nose to toes for 2 counts of 8
15. Over to the left, and then right side for 2 counts of 8 each
16. Legs out straight to the front down for 30 seconds
17. Flex toes, stretch down with head down for 30 seconds
18. Pull right leg up in two hands holding for 15 seconds to the front, and then 15 seconds to the side. Repeat Left.
19. Straddle
20. Point toes, stretch to the right side for 30 seconds. Then try to put your nose to your knee for 30 seconds. Repeat left. Then hold center, as far as you can for 30 seconds.
21. Repeat with flexed feet.
22. Rainbow stretch with pointed, and then flexed feet
23. Lunge Right, hold for thirty seconds.
24. Straighten leg in front and stretch nose to knee for 30 seconds
25. Slide to split, hold for 30 seconds (1 minute for extra challenge)
26. Repeat on left side

