

S C V A A
WARRIORS
C R O S S C O U N T R Y

Dynamic Warm-Up Stretches

Arm Swings-	10 each arm both directions
Torso Twists-	10
Hip Rotations-	10 each direction
Side to Side Leg Swings-	10 each leg
Front to Back Leg Swings-	10 each leg

Dynamic Warm-Up Drills

Heel Walks	Down
Toe Walks	Back
High Knee Walk	Down and Back
High Knee Drill	Down and Back
Skip	Down and Back
Butt Kicker	Down and Back
Peter Pan	Down and Back
Bounding	Down and Back
Cariocas	Down and Back
Backwards Run	Down
Stride	Back