2019 Unity Conference – Athletics Clinic Warm-ups

**Coyote Red**

Standing series:
- neck, shoulder rolls
- back twists, bent back twist
- long arm swings
- squats - pick one:
  a) prisoner (hands bh head)
  b) wide w/toes out
  c) lateral squats
- Cat/Camel
- Roll-Over Hamstring
- Roll-Over L Hamstring
- Roll-Over R Hamstring

**Part 2 of Warm-up/Accel**

- walking continuous lunges
- walking hammy and hold toe up
- straight leg march w/arms out
- skip forward
- skip backwards (heel to butt)
- skip for distance
- high knees forward
- run backwards
- Posture skips
- High Knee runs

**Hamstring**

Kneeling Series
Cook Hip Bridge
Manual Ankle Mobility
Iron Cross
Sky Divers

**WALL STRETCHES:**

Leg-Swings
Wall Stretch for calfes

Standing Trail Leg