

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

Hamstring

Kneeling Series

Cook Hip Bridge

Manual Ankle Mobility

Iron Cross

Sky Divers

WALL STRETCHES:

Leg-Swings

Wall Stretch for calves

Standing Trail Leg

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