



# PANTHER CROSS COUNTRY

## Dynamic Warm-up

### PURPLE

#### **Joint Mobility**

Neck Circles	x 5-10
Ankles Circles	x 10/ leg
Knee Circles	x 10
Hip Twists	x 10
Iron Cross	x 5/ leg
Leg Wipers	x 5/ leg

#### **Dynamic Exercises**

Walking High Knees	x 20-30m
Walking Butt Kicks	x 20-30m
Combined High Knee/Butt Kick	x 20-30m
Hamstring Bend w/ Toe Pull	x 20-30m
Alternate Inward/Outward	x 20-30m
Alternate Cross Leg Hamstring Stretch	x 20-30m
Walking Hacky Sack	x 20-30m
High Knee Lunge w/ Side Stretch	x 20-30m
High Knee Lunge w/ Twist	x 20-30m
Side-Side Groin Stretch w/ Shuffle	x 20-30m
Forward Hip Hurdle	x 20-30m
Backward Hip Hurdle	x 20-30m
High Knee w/ Backward Arm Circles	x 20-30m

**\*Perform the following with 30-40m acceleration**

High Knees	x 20-30m
Butt Kicks	x 20-30m
Toy Soldier	x 20-30m
Karaoke	x 20-30m
Forward Arm Circles	x 20-30m
Side-Side Arm Swings	x 20-30m
POGO Hops	x 20-30m