



# PANTHER CROSS COUNTRY

## Dynamic Warm-up

### WHITE

#### **Flexibility**

Clams	x 8	Lateral Leg Raise (Ground, Sky, Normal)	x 5
Donkey Kicks	x 8	Donkey Whips	x 5
Glute Bridge	x 10	Single Leg Glute Bridge	x 5/leg
Fire Hydrant	x 8/leg	Knee Circle (Forward/Backward)	x 10/leg
Opposite Arm/Leg	x 8	Prone Double Arm Raise	x 8
Prone Straight Leg Lift	x 8	Prone Lower Body Crawl	x 8
Straight Leg Circles	x10/leg	Sitting Push Kick	x 10/leg
In-n-Out	x 20 sec	Catback/Swayback	x 5
Lateral/Linear Leg Swing	x 10	Wall Walks	x 10/leg
Toe Walks	x 10	Heel Walks	x 10

#### **Dynamic Exercises**

Forward Arm Circles w/ Skip	x 20-30m
Backward Arm Circles w/ Skip	x 20-30m
Side-Side Arm Circles	x 20-30m
Ninja Kicks (Jog btwn kicks)	x 20-30m
A-skips	x 20-30m
B-skips	x 20-30m
High Knees	x 20-30m
Butt Kicks	x 20-30m
Dynamic High Knee	x 20-30m
Dynamic Butt Kicks	x 20-30m
Dynamic B-Skips	x 20-30m
Karaoke	x 20-30m
Defensive Slide	x 20-30m
Crossover Slide	x 20-30m