

\*Exercises are performed with minimal rest between, unless the athlete is very underprepared and needs more rest in order to perform them correctly.

- ~5 minutes heart rate elevation (bike, jogging, jumping jacks, jump rope, etc.)
- Joint rolls (neck, shoulders – hands on hips, elbows, wrists, hips, knees, ankles)
- Anterior tib raises (sometimes)
- 10 yards each – forward walk on inside of feet, forward walk on outside of feet
- PNF knee flares or side-to-side leg swings – 5 each
- 10 yards each – backward walk on inside of feet, backward walk on outside of feet
- PNF knee flares opposite or forward-backward leg swings – 5 each
- 10 yards each – shuffle with foot drag, lateral lunge + Cossack squat combo
- Windmills/Reindeer trunk twists/other thoracic rotation – 10 per side
- 10 yards each – shuffle with foot drag opposite direction, lateral lunge + Cossack squat combo
- Straight arm figure 8 (front or side) – 5 each direction
- 10 yards each – knee hug, tin man
- Straight leg figure 8 – 5 each direction per leg
- 10 yards each – knee hug → lunge, tin man with skip
- Plank leg raise or other midsection stabilization – 5 per leg
- 10 yards each – crossover walking lunge, duck walk
- 10 yards each – reverse crossover walking lunge, reverse duck walk
- 25 yards forward & back – crossover run
- 10 yards – lateral walking shuffle, shuffle ~70% speed
- 10 yards each – lateral walking shuffle opposite direction, shuffle ~70% speed opposite direction
- 15 yards – hip square carioca, walk 10 yards
- 15 yards – hip square carioca opposite direction, walk 10 yards
- 15 yards – big hip turn carioca, walk 10 yards
- 15 yards – big hip turn carioca opposite direction, walk 10 yards
- 10 yards – pogo or bunny hops
- 15 yards – cherry pickers
- 10 yards – A march
- 10 yards – B march
- 10 yards – buttkick march
- 15 yards – straight-leg dollies
- 15 yards – A skip, walk 10 yards
- 15 yards – B skip, walk 10 yards
- 15 yards – buttkick skip, walk 10 yards
- 25 yards x2 – A skip
- 25 yards x2 – A run

\*more power-speed drills may be added at the end if a dedicated speed session is to follow

\*some exercises may also be performed in different planes of movements and/or while holding a medicine ball in various positions