



REP BANTAM B – WARM UP SCHEDULE

1. Stairs – Run up and down 3x (every step)
2. Stairs – Run up and down 3x (every other step)
3. Sprints down hall (2x)
4. Knees up to palms (2x)
5. Bum kick – Toes only (never let heels touch the ground)
6. Lunge stretch – Hold and twist waist (focus on the stretch – slow)
7. Quad and arm stretch
8. Legs swing out and back
9. Groin stretch – Squat, hold and spin the other way
10. Toe kick – Every 2 steps
11. Ground Touch while kicking leg back
12. Hip stretch
13. Small toe step running (fast, short burst) - gap – repeat
14. Basketball side shuffle (2x) –
15. Heel / toe stretch
16. Jumping jacks (fast) – there and back
17. Legs – swing out and back
18. Front cross overs
19. Team huddle – **PUMP IT UP!!!**