



[tj-sportz.com](http://tj-sportz.com)

Perform the Jogging portion of the warm up first, followed by the walking and finish with the in place movements.

Jogging	Distance
<a href="#">Jogging FWD w- Arm Circles</a>	15 yards
<a href="#">Jogging BWD Throwing Punches</a>	15 yards
<a href="#">Carioca w- High Knee Face Right</a>	15 yards
<a href="#">Carioca w- High Knee Face Left</a>	15 yards
<a href="#">Cherry Pickers</a>	15 yards
<a href="#">Skipping BWD w- Flared Knee</a>	15 yards
<a href="#">Shuffles w- Arm Swings Face Right</a>	15 yards
<a href="#">Shuffles w- Arm Swings Face Left</a>	15 yards
<a href="#">High Knees</a>	15 yards
<a href="#">Butt Kicks</a>	15 yards
<a href="#">Gallop BWD Left Leg Leads</a>	15 yards
<a href="#">Gallop BWD Right Leg Leads</a>	15 yards
<a href="#">Gallop FWD Left Leg Leads</a>	15 yards
<a href="#">Gallop FWD Right Leg Leads</a>	15 yards
<a href="#">Carioca Quick Step Face Right</a>	15 yards
<a href="#">Carioca Quick Step Face Left</a>	15 yards
<a href="#">Tuck Jump to Sprint</a>	15 yards
<a href="#">Broad Jump to Sprint</a>	15 yards
<a href="#">Bounding</a>	15 yards

Walking	Distance
<a href="#">Walking BWD Inside of Feet Arm F8 Behind</a>	10 yards
<a href="#">Walking BWD Outside of Feet Arm F8 Front</a>	10 yards
<a href="#">Walking BWD Toes Arm F8 Overhead</a>	10 yards
<a href="#">Lateral Shifting Lunge</a>	10 yards
<a href="#">Spiderman Crawl</a>	10 yards
<a href="#">Frankensteins</a>	10 yards
<a href="#">Crossover Lunge w- Twist</a>	10 yards
<a href="#">Lateral Crossover Lunge</a>	10 yards
<a href="#">Single Leg T RDL</a>	10 yards
<a href="#">High Knee Pulls</a>	10 yards
<a href="#">Reverse Flare Lunge w- Palms to Ceiling</a>	10 yards
<a href="#">Spiderman Crawl w- T-Spine Rotation</a>	10 yards
<a href="#">Figure 4 Sit Walks</a>	10 yards
<a href="#">Walking Toe Touch</a>	10 yards
<a href="#">Walking Bend Ankle Grab</a>	10 yards
<b>In Place</b>	Reps
<a href="#">Hip Diagonals Inside Outside</a>	5 each leg
<a href="#">Hip Flares FWD BWD</a>	5 each leg
<a href="#">Knee to Instep</a>	5 each leg
<a href="#">Messier Squat</a>	5 each way
<a href="#">Neck Rolls</a>	4 each way
<a href="#">Quadruped Rock Back</a>	5 reps