



Panther Creek Cross-Country



Warm-Up 2B

- 1) 20m jog out and back
- 2) A skip Warrior Position - 10yd skip, 10 yd jog, 10 yd skip - out and back
- 3) Jogging butt stretch down every 5 steps - 20 yd out and back
- 4) Basic low level skip criss cross arm swings - 20m out and back
- 5) Front Lunge x 4 each side
- 6) Lateral Skip with turn - 20 yd out and back
- 7) Backwards Run x 20m
- 8) Backwards Lunge x 4 each side
- 9) Forward weave run - 30m
- 10) Backward weave run - 30m
- 11) Lunge with Twist x 4 each side
- 12) Run with Turn - 40m
- 13) Medials and laterals x 7 each
- 14) Hip Circles x 5 each direction
- 15) Leg Swings x 5 each direction
- 16) Hurdle Seat Exchange x 4 each side