

Hip Mobility:	Lunge Circuit:
1. Leg Rotations x 10 2. Fire Hydrants x 10 3. Leg Whips x 10 4. Donkey Kicks x 10 5. Forward Leg Swings x 20 6. Sideways Leg Swings x 20	1. Forward x 10 2. Backwards x 10 3. Sideways x 10 4. Diagonal x 10 5. Lunge w/ twist 6. Lunge to High Knee w/ calf raise 7. Squat Hold 8. Deep Squat
Hurdle Drills	
1. Marches / Lead Leg 2. Trail Leg 3. Over / Under	