

Warm-Up:

- knee circles, hip circles, arm circles, head circles
- duck walks & toe walks
- walking stretches (scoops, quad pull, knee hug, shin cradle)
- open the gate & close the gate
- good mornings (6-8)
- reach upward
- walking high knees
- A skips
- B skips
- high knee buttkickers
- lunge matrix (3-4 per leg each of 5 ways) https://www.youtube.com/watch?v=GJo7_MiRLkU
- leg swings (8-10 per leg each of 6 ways) <https://www.youtube.com/watch?v=korxBhGzzJE>