

## GENERIC WARMUP

<b>LOWER BODY</b>	<b>UPPER BODY</b>	<b>PROGRESSION</b>	<b>SAFETY/TECHNICAL</b>	<b>MOTIVATION</b>
<b>MARCH</b>	<b>PUMP/OH Breath</b>	<b>FORWARD/BACKWARD COMBINE MOVES</b>	<b>SHLDS RELAXED</b>	<b>BREATH IN GOD'S LOVE</b>
<b>STEP TOUCH</b>	<b>SHLD ROLES/ LATERAL LIFTS</b>	<b>2 STEP/BIGGER ROM</b>	<b>CONTROLLED</b>	<b>WORSHIP W/ BODY</b>
<b>KNEE LIFTS</b>	<b>OPP ARM LIFT</b>	<b>HIGHER/DOUBLES</b>	<b>SHLDS OVER HIPS</b>	<b>PRAISE AS WE LIFT</b>
<b>HAM CURL</b>	<b>ROWS</b>	<b>MORE ROM/TURN</b>	<b>KNEES SOFT/KICK BACK</b>	<b>OVERCOME TODAY</b>
<b>SIDE SQUATS</b>	<b>PRAYER/HOR ABD</b>	<b>MORE ROM/V ARMS</b>	<b>KNEES BH TOES</b>	<b>EYE ON THE PRIZE</b>

REPEAT ABOVE WITH **PROGRESSIONS** THEN ADD THE BELOW:

<b>*KICK FRONT</b>	<b>OPP ARM REACH/ REACH CROSSOVER</b>	<b>HIGHER</b>	<b>CORE ENGAGED BREATH</b>	<b>GETTING WARM</b>
<b>*KNEE CROSSOVERS</b>	<b>SHLD CROSSOVERS LATERAL FLEXION</b>	<b>INCREASE ROM</b>	<b>EYES LIFTED/SHLDS NOT ELBOWS</b>	<b>WARM AND READY?</b>

**\*\*BOLD IS SIMPLEST FORM**

**GENERIC STRETCH: (FROM FLOOR)**

**-watch lab video-**

**SUPINE KNEES BENT/KNEES TO CHEST**

**HAMSTRING STRETCH (KNEE EXTENSION TO CEILING)**

**GLUTE STRETCH (CROSSOVER KNEE PULL TO CHEST)**

**QUAD/PSOAS STRETCH (ROLL TO SIDE)**

**SPINAL TWIST/ROTATION**

**RETURN TO SUPINE KNEES BENT/REPEAT TO THE OTHER SIDE**

**PRESS UP TO SEATED**

**ADDUCTOR STRETCH**

**INDIAN STYLE SEATED**

**OVERHEAD STRETCH**

**SIDE 2 SIDE OH STRETCH**

**TRICEP STRETCH/EACH ARM**

**BACK STRETCH**

**CHEST STRETCH**

**NECK STRETCH**

**FINAL DEEP BREATH IN TO OH INTO PRAYER**

**CLOSE IN PRAYER**