

# **TRIBE STRENGTH AND CONDITIONING DYNAMIC WARM-UP**

## **#1**

- 1.CALF STRETCH**
- 2.HAND WALK**
- 3.INVERTED HAMSTRING**
- 4.KNEE TO CHEST**
- 5.HAMSTRING KICK**
- 6.LUNGE & TWIST**
- 7.LATERAL LUNGE**
- 8.FORWARD LUNGE-FORE-ARM TO IN-STEP 3 REPS 1X**
- 9.DROP LUNGE 3 REPS EACH WAY**
- 10.QUAD STRETCH 1X**
- 11.SUMO SQUAT TO STAND 2X**
- 12.LEG SWINGS 2X10-FRONT TO BACK/SIDE TO SIDE**
- 13.HIGH KNEES 1X**
- 14.BUTT KICKS 1X**
- 15.BACKWARD RUN**
- 16.TRUNK TWISTS X10 EACH WAY**
- 17.SHOULDER ROLLS X10 EACH WAY**

## **#2**

- 1.CALF STRETCH**
- 2.HAND WALK**
- 3.INVERTED HAMSTRING**
- 4.KNEE TO CHEST**
- 5.HAMSTRING KICK**
- 6.LUNGE & TWIST**
- 7.LATERAL LUNGE**
- 8.FORWARD LUNGE-FORE-ARM TO IN-STEP 3 REPS 1X**
- 9.BACKWARD LUNGE WITH A TWIST 3 REPS 1X**
- 10.DROP LUNGE 3 REPS EACH WAY**
- 11.QUAD STRETCH 1X**
- 12.SUMO SQUAT TO STAND 2X**
- 13.HIGH KNEES 1X**
- 14.BUTT KICKS 1X**
- 15.BACKPEDAL**
- 16.CARIOCA**
- 17.SHUFFLE**
- 18.TRUNK TWISTS X10 EACH WAY**
- 19.SHOULDER ROLLS X10 EACH WAY**