

Pre-Training Dynamic Warm Up

Light Jog- 1 Lap Around CPAT Building

Big Arm Circles- 10 Forward 10 Back

Small Arm Circles- 10 Forward 10 Back

Fly Swings- 10 Reps

Push Ups- 10 Reps

Walking Toe Touches- 15-20 yds Down and Back

Squats- 10 Reps

Walking Hip Hugs- 15-20 yds Down and Back

Standing Lateral Lung- 5 Reps Each Side

Walking Lunge w/ a Twist- 15-20 yds Down and Back

Squats- 10 reps

Push Ups- 10 reps