

Dynamic Warm Up

Knee to Chest
Ankle/Knee Lift
Side Shuffle Right
Carioca Left
Side Shuffle Left
Carioca Right
Drop Lunge Right
High Knee Carioca Left
Drop Lunge Left
High Knee Carioca Right
Forward Walking Lunge
Spider Man
Backward Walking Lunge
Back Pedal
Stiff Legged Deadlift Walk
Frankenstein
Butt Kickers
High Knee Run

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