

Warmup

The warmup is designed to progressively prepare the body for the upcoming workout, starting with simplistic movements, moving to more complex, dynamic, and impact movements.

| | Week 1 + 2 | Week 3 + 4 | Week 5 + 6 |
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| 1. Walking Heel to Toe <ul style="list-style-type: none">Roll from heel through to ball of footSqueeze slightly at the top | 1x10m | 1x10m | 1x10m |
| 2. Walking Straight Leg Sweeps <ul style="list-style-type: none">Keep one leg straightAim to keep back as straight as possible | 1x10m | 1x10m | 1x10m |
| 3. Walking Knee Hugs <ul style="list-style-type: none">Keep as tall as possiblePull knee into chest | 1x10m | 1x10m | 1x10m |
| 4. Walking Ninja Squats <ul style="list-style-type: none">Nice, wide stanceAim to get hips as low as possibleKeep chest up | 1x10m | 1x10m | 1x10m |
| 5. Walking Lunge w/ Rotation <ul style="list-style-type: none">Rotate over front legLook for range rather than speedLengthen step each lunge | 1x10m | 1x10m | 1x10m |
| 6. Walking Lunge w/ Overhead Reach <ul style="list-style-type: none">Lengthen step each lungeDon't arch backReach for roof | 1x10m | 1x10m | 1x10m |
| 7. Pogo Jumps <ul style="list-style-type: none">Quick ground contact/Springy bounceAir timeHeels don't touch ground | 1x10m | 1x10m | 1x10m |
| 8. Cariocas <ul style="list-style-type: none">Focus on rotating hipsAdd leg lift if capable | 1x20m | 1x20m | 1x20m |
| 9. Run Throughs – 50%, 75%, and 90% <ul style="list-style-type: none">Just building intensity | 1x20m | 1x20m | 1x20m |