**Ilderton Jets Dynamic Warmup**

**Goal:** To prepare your whole body for activity

Image

1. Hops (20 seconds)

Image

1. Marching (20 seconds)

Image

1. Skipping (20 seconds)

Image

1. Butt Kicks (20 seconds)

Image

1. Forward Arm Swings (20 seconds)

Image

1. Side Arm Swings (20 seconds)

Image

1. Reverse Lunge (8-10 reps per side)

Image

1. Lateral Squat (8-10 reps per side)

Image

1. Overhead Squat (8-10 reps)

Image

1. Hip Circles (8-10 reps per side)

Image

1. Hip Swings to the Side (8-10 reps per side)

Image

1. Hip Swings Front to Back

(8-10 reps per side)