Dynamic Flexibility	Distances/Time	Sets	Dynamic/Static		Rest W:R		Instruction
Mountain Climbers	10yds	2	Dynamic		1:1		
Spider man	10yds	2	Dynamic		1:1		
Forward Hurdle Walk over	20yds	2	Dynamic		1:1		
Reverse Hurdle Walk over	20yds	2	Dynamic		1:1		
Duck Walk	10yds	2	Dynamic		1:1		
Over/Under Hurdle Side Step	20yds	2	Dynamic		1:1		
Side Lunges	20yds	2	Dynamic		1:1		
High knee pull/Forward lunge	20yds	2	Dynamic		1:1		
Reverse Jog	20yds	2	Dynamic		1:1		
Skip for Height	20yds	2	Dynamic		1:1		
Skip for Distance	20yds	2	Dynamic		1:1		
High Knee Carioca	20yds	2	Dynamic		1:1		
4x4 (march, butt kick)	20yds	2	Dynamic		1:1		
5/10/5 (2x each direction)	10yds	2	Dynamic		1:1		
High Knee Pull	20yds	2	Dynamic		1:1		
Lateral Leg Swings	10 each leg	2	Dynamic		1:1		
Linear Leg Swings	10 each leg	2	Dynamic		1:1		
Shuffle L/R	20yds	2	Dynamic		1:1		
Scissor shuffle	20yds	2	Dynamic		1:1		
Arm Circles	10sec(each direct)	2	Dynamic		1:1		
Jump Knee Tucks	6	2	Dynamic		1:1		
Buildups	20-30yds	4	Dynamic		1:3	Build intensity 50,75,100	
Hip Rolls	20sec	2	Dynamic		1:1	kneeling, rotate hips circular	
Straight Leg March	20yds	2	Dynamic		1:1		
Quad stretch	12 count each leg	2	Static (post exercise)		1:1		
Hamstring stretch	12 count each leg	2	Static (post exercise)		1:1		
					1:1		