**Dynamic Warm-Up Examples:**

**Dynamic Warm-Up (Pick 8 Exercises. Perform up & down line or 10-20 reps):**

* Jumping Jacks
* Matrix/Compass Pushups
* Matrix/Compass Lunges
* Inchworms with Pushups
* Inchworms with far reach out, no pushup
* Attacking lunges
* Side shuffles
* Carioca with high knee
* Tapioca (low carioca, turning hips)
* A-Skips
* High Knees
* Lateral A-skips
* Lateral high knees
* Bear Crawl
* Lateral lunge side to side with hop off
* Long jumps
* Ice skaters
* Power Skips
* Backpedal slow sitting down
* Backwards Run
* Straight Leg Kicks
* Squat Down Criss Cross Jump Up
* 2 Steps into Deep Squat
* Good mornings
* Single Leg Toe Touch
* Pushups with Rotation
* Woodchoppers
* Lunge into straight leg stretch back