



WARM UP DRILLS

1. Side Shuffle
2. Karaoke (grapevine)
3. Forward Arm Rotate (with A skip)
4. Backward Arm Rotate (with A skip)
5. Knee hold for 3 counts, take 5 steps
6. A-Skip
7. B-Skip
8. C-Skip
9. High Knee
10. Butt Kick
11. Backwards
12. Strides (2 x 100m)