

Pride Warm up:

lead by two girls

1. **Easy jog** then line up in staggered line
2. **Roll out back** - flex back down, round back up, knees bent, hands on thighs- count to 10 on down
3. **Squat and look behind** (1 count down arm circles ,cts. 2-4 alternating arm makes full circles behind you- look fully behind you to stretch neck) count on low squat
4. **Wide lunge with shoulder drop** (hold 2 counts) – count on the low lunge
5. **Lunge with chest and back stretches**- Right foot forward- **wrists cross in front** even with chest when knee is down, open and **squeeze shoulder blades** low and hard on rise – count on the low lunge
 - a. Switch to left foot forward- **lat pull down** (arms reach over head and pull down with elbows to ribs – warming up the sides of your back) count on the low lunge
6. **Jumping jack** with alternating knee lift in the middle. Count on the jack – arms go wide with jack, bicep curl with knee lift
7. **Alternating Heel/butt kicks with clap** count on every other clap
8. **Alternating Forward lunge with opposite arm circles forward**, count on every lunge
9. **Push ups**- count on push - full range, knees up, head in line with back (don't drop chin)
10. **Mountain climbers** – count on every other leg