

High Knees



Stand on a flat surface, lifting the knees high enough for your comfort level. Then lift your knees to hip level but keep the core tight to support your back.

Backward Sprints



Run backwards as fast as you can.

Side Shuffles



Stand on left leg with hands clasped behind head, bend right knee, swing leg up and across the body with the right foot flexed. Do not put the right foot down and swing the right leg to the right side. Do this 10 times and then do it on the other foot too.

High Knee Drives



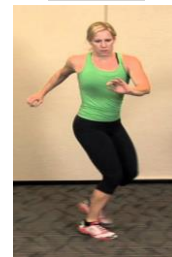
Get on your toes and arms, set up into a push-up position and stretch your toes forward. Do not raise the leg above your chest level and repeat on second leg.

Bear Crawls



Start off on all fours on the floor. Stack your shoulders over your hands and your knees under your hips, then tuck your toes to the floor and hover your knees off the floor about an inch. Crawl forwards by picking up your right hand and left foot at the same time, then move them both forwards one pace and place them down again. Repeat and crawl backwards 2-4 paces.

Carioca



Crossing over your feet as you move from side to side. You will want to focus on moving your hips, turning and swiveling them from left to right to get them to open up and stretch.