

## **DAILY WARM-UPS**

- Running
- Inside and Outside Stance Shuffle
- Duck Walk

## **STRETCHING**

Get in circle for stretching, which is as follows:

- Arms in Circles
  - Arm Stretches
  - Cross Leg Over Stretch
  - Spread Legs, Reach Through
  - Hurdle Stretch
  - Roll Ankles
  - Butterfly
  - Bridging Front then Flip and Back
  - Calastetics
  - Push Ups
  - Sit Ups
  - Up Downs
- In future practices we will do combination wrestling together involving stand up, switch, sit out gizoni