

Freihofer's Training Challenge

Dynamic warm up

Heel Walks

Walk forward with your foot flexed up so your toes are off the floor - work on getting balls of feet off the floor. 20-30 steps each foot Forward and Backward Arm Swings Swing and think about nice should rotation. Start small and get larger as you go. Allow your hips to rotate as you swing. 20-30 rotations each arm and each direction.

Legs swings

Hold on to a chair or a partners shoulders. Lift up on the toes of one leg. Let the other leg swing side to side. Work on range of motion and loosening up the hips.

Knee Hugs

Walking slowly lift up your left grabbing your shin with both hands. You want to pull your leg in to your chest. As you go you will gain more mobility. As you pul your leg in to your chest rise up onto the ball off the foot on the ground. Keep your head up - on your spine. Back stays straight. 20-30 hugs for each leg.

Ham Kicks

Your goal here is to bring your leg up under your butt - not kick yourself in the back. Lift your leg up so that your heel comes up under your butt. 20 kicks each leg. Pelvis stays neutral and you are looking ahead.

Frankenstein walks

Walk forward, knees slightly bent, kick legs out in front of you alternating as you walk. Bend forward at the waist to touch your toes with the opposite arm as the foot raises. Kick the leg straight in front of you rather than off to the side. You may need to bend you knee as you start.

Skips

10-20 big skips thinking about getting some height off the ground.

Now you are warmed up and ready to start your workout!

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Hislop Designs

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