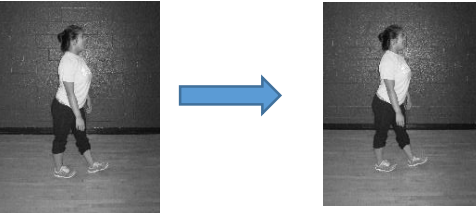
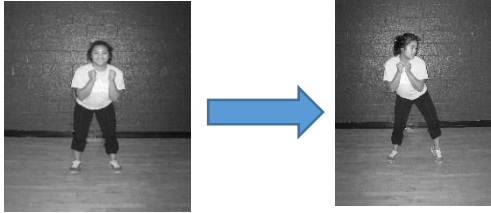


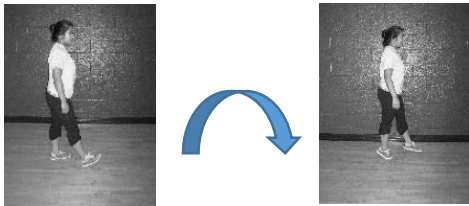
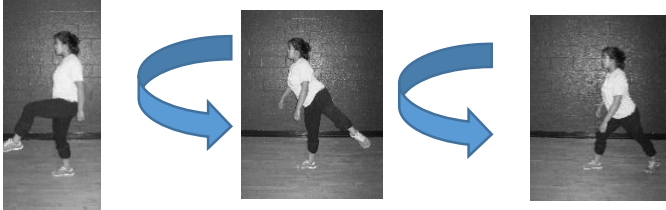

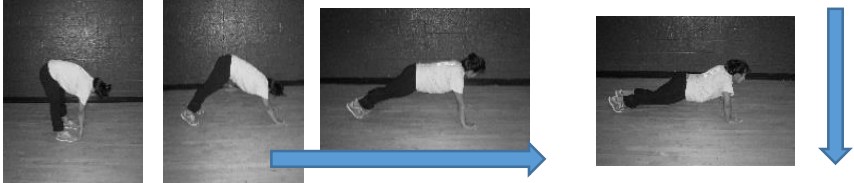
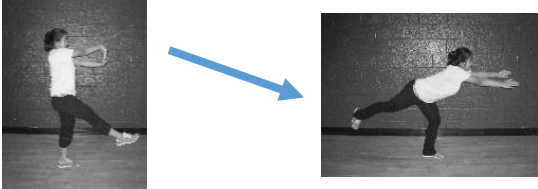

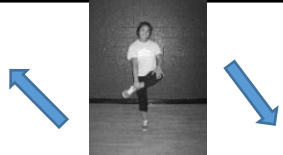




Sitka Skippers

Dynamic Warm Up



<p>1 Heel Walk</p>		<p>7 Side Shuffle (performed in a mini squat)</p>	
<p>2 Toe Walk</p>		<p>8 Forward Walking Hip Closer : Add Skips to Hip Closer (forward)</p>	
<p>3 Roll from Heel to Toe & Bounce: Incorporate this into the rest of your warm up</p>		<p>9 Backward Walking Hip Opener : Add Skips to Hip Opener (backwards)</p>	
<p>4 Quad Pull with Arm Reach. Walk forward & switch leg with each step</p>		<p>10 Inch Worm + Push Up</p>	
<p>5 High Kick (with wrist pull) To Single Leg Windmill. Walk Forward</p>		<p>11 Wrist Circles</p>	
<p>6 Ankle Pull Up & Knee Push Down</p>		<p>12 Deep Squats with Arm Reach</p>	